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The general purpose of this exploratory study of twenty-five homemakers who were employed fulltime on rotating shifts was to ascertain and compare their home management practices and associated problems, satisfactions, and desired changes when on each rotating work shift and work break.

The respondents were married with husband and child or children of preschool and/or school age living at home and had no other adult residing with the family.

An interpretation of the results revealed that for a majority of respondents, costs for household operations and/or family care were affected during certain work periods; the day shift was identified as the high cost shift and the 4 P.M. to midnight shift as the low cost one.

Essentially, the homemakers were responsible for performing all homemaking tasks with very limited assistance from others. They indicated to some degree purposeful management in accomplishing home-making tasks and family activities and usually found it necessary to make some adjustments in their home management practices, particularly child care, during various intervals of the shift schedule.

Managerial problems associated with shift hours were experienced by homemakers primarily in housecare and food management; those recurring most frequently were related to time pressures and fatigue. Concerning their problems, respondents indicated that if it were possible they would like to make certain shift related changes in their home management practices, principally in laundry and clothing care, housecare, and food

management. However, regardless of their problems and desires to make some changes, homemakers indicated maintaining a high degree of satisfaction with their home management practices at all times except for time spent in leisure, church, community, and family activities.

Findings of this study suggest that managerial problems do occur and adjustments are necessary when married homemakers with children combine this role with that of employee with rotating shift work hours. They further suggest that homemakers view the advantages of this arrangement as greater than the disadvantages and are willing to cope with their situations by accepting any problems and/or dissatisfactions, and adjusting to them as they deem necessary.

HOME MANAGEMENT PRACTICES OF TWENTY-FIVE

HOMEMAKERS EMPLOYED WITH ROTATING

WORK HOURS

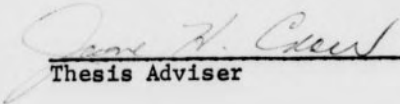
by

Sarah Cawthon Chisenhall

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Thesis Adviser



APPROVAL SHEET

This thesis has been approved by the following committee of  
the Faculty of the Graduate School at The University of North Carolina  
at Greensboro.

Thesis  
Adviser

James H. Crow

Oral Examination  
Committee Members

George P. Grill

J. H. Crow  
Pauline E. Keeney

December 4, 1972

Date of Examination

j<sup>2</sup>

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## CHAPTER I

### INTRODUCTION

#### Background and Need for the Study

At one time the American homemaker served as a definite economic asset through home production (17:1); now the economic productivity for many homemakers is through wages for employment outside the home.

More women than ever before are now employed in the United States labor force. Between 1940 and 1967 there was a 99 percent increase in the number of women working for wages (22:23). For this same time span there has also been a 246.9 percent increase in the number of married women entering the work force with nearly three out of five women workers being married (22:23).

Many factors account for the increased number of married women in the labor force. Time and energy required for many homemaking tasks have been reduced through the advancement of modern housing, labor saving appliances, processed and convenience foods, marketed produce, and ready-made clothing and house furnishings (17:1). Earlier marriages and the lengthened lifespan of women leave homemakers more years for employment after the children are grown or in school (27:689). More jobs are now available due to the demand for certain goods and services, and women are entering the labor force because they possess skills and training needed to produce these goods and services (10:13).

All of these conditions have made it more convenient for today's homemaker to seek employment for pay outside the home.

Whether or not it is convenient for her to go to work, the homemaker usually has her own personal reasons for doing so. A study in 1936 revealed that gainfully employed homemakers worked outside the home chiefly because of financial necessity (3:468). In 1950 the Women's Bureau of the U. S. Department of Labor with the cooperation of trade unions conducted a study among working women and reported that over one-half of them used all of their earnings to meet immediate financial needs (23). Weitzel in 1957 indicated that one of the reasons women work for wages outside the home is to help maintain the rising family standards (27:689). More than 92 percent of the women in a study conducted by Kessel in 1964 were working for financial reasons associated with family goal attainment; these goals were primarily related to purchasing a home, new appliances, and furniture (11:62). With most husbands being employed in occupations away from the home and with most families in one household consisting of only two generations, homemakers may feel a real need to make social contacts outside the family (17:1). All of these forces have influenced the homemaker in her decision to combine homemaking with wage earning.

It is to be expected that time and energy demands are greater upon employed than upon non-employed homemakers. If demands are greater, employed homemakers will probably feel a need to utilize home management practices which will allow them to perform their dual roles of homemaker and wage earner adequately. Certain homemakers in and nearby Wilmington, North Carolina, who work three rotating shifts during

a period of four weeks are expected to feel an even greater necessity for incorporating home management practices which will enable them to make satisfactory adjustments with each changing shift.

In this specific geographic area professional home economists in educational programs are concerned with these homemakers who depend upon rotating shift work in a local factory as a means of employment. In view of this situation and the fact that one of the objectives of home economists in education is to aid families in leading more useful and satisfying lives, it seems important that emphasis be placed on assisting these people in making satisfactory adjustments in home and family living if the need to do so is present and/or that we learn from those women who have managed successfully. Home economists can perform an important function in educating for necessary adjustments. However, to be of assistance, they must first have a current knowledge of the situation regarding home management practices, problems and satisfactions as they exist among families with homemakers employed on rotating shifts.

#### Purposes

The purposes of this study were (1) to ascertain home management practices and adjustments homemakers make on each rotating shift, the long weekend, and the days of rest with respect to the specific areas of general home management, economic costs imposed by working rotating shifts, child care, laundry and clothing care, housecare, food management, and leisure, church, community, and family activities, (2) to identify problems in home management practices imposed by rotating shift work as recognized by homemakers, (3) to determine the

satisfactions of homemakers with home management practices when on different shifts, the long weekend, and the days of rest, (4) to identify changes homemakers would like to make in home management practices during each time interval of the shift schedule, and (5) to compare home management practices, problems, satisfactions, and changes desired by homemakers peculiar to each shift, the long weekend, and the days of rest.

The results of this study will add to existing data regarding management by employed homemakers in general. With this information, home economists in education programs will be in an improved position to develop more relevant literature and programs for homemakers employed in split shift work.

#### Definition of Terms

Rotating Shifts. Method of a local textile factory for accomplishing continuous work procedures whereby employees within a four-week period work at three different time intervals (8:00 A.M. to 4:00 P.M.; 4:00 P.M. to midnight; midnight to 8:00 A.M.), two time intervals being followed by two consecutive non-working days termed days of rest, and another time interval being followed by three consecutive non-working days termed a long weekend. This functions in the following manner: 8 A.M. to 4 P.M., long weekend, 4 P.M. to midnight, days of rest, midnight to 8 A.M., days of rest.

Days of Rest. Two consecutive non-working days always occurring during the week and following the 4:00 P.M. to midnight and midnight to 8:00 A.M. work time intervals.



Long Weekend. Three consecutive non-working days always occurring on Saturday, Sunday, and Monday and following the 8:00 A.M. - 4:00 P.M. work time interval.

Hours After 4 P.M. to Midnight and Midnight to 8 A.M. Shifts. The hours during which homemakers might need part of the time for sleeping.

Projected Short Term Employment. Expectation to continue being employed for three or fewer years from the present time.

Projected Long Term Employment. Expectation to continue being employed for as long as possible.

Home Management Practices. Activities conducted by the homemakers in arranging for the care of the children, caring for the house, family laundry and clothing, providing the family with food, and participating in leisure, church, community, and family affairs.

General Home Management. Procedures utilized by homemakers in planning, controlling, and evaluating home management practices.

Organization. The process of organizing home tasks by assigning, delegating, actuating, guiding, coordinating, and evaluating.

Procedure. The method of proceeding with the accomplishment of tasks related to housecare, laundry and clothing care, and food management, and other activities related to leisure, church, community, and family affairs.

Child Care. Arrangements for caring for preschool and/or school children while homemaker is at work.

Housecare. Weekly and routine housecleaning tasks accomplished in the home.

Straighten or Pickup. The putting away of out-of-place objects in the house.

Thorough Cleaning. The process of dusting, vacuuming, cleaning floors, fixtures and furnishings of the entire living quarters.

Food Management. Planning, securing, preparing, and serving food to the family, and the after meal cleanup.

Meal Types. Classifications of meals served by homemakers. The number of items and the time required for preparation determines the type. These meal types were adapted from those used by Bailey (1) in an earlier study. There are two types of morning meals and three types of noon and evening meals. A Type 1 breakfast includes any number of easily prepared foods such as a cold cereal or one or two items requiring some preparation such as a hot cereal plus any number of easily prepared foods; a Type 2 includes three dishes requiring some preparation plus any number of easily prepared foods or one time consuming dish such as a hot bread plus any number of easily prepared foods. A Type 1 noon or evening meal may include any number of already prepared or quickly prepared foods such as soups and luncheon meats; a Type 2 may include leftovers somewhat changed in form plus Type 1 or one time consuming dish such as a fresh vegetable cooked, meat dishes, home baked pies, and some salads plus one to four quickly prepared foods such as reheated leftovers; a Type 3 noon or evening meal includes one time consuming dish plus five or more already or quickly prepared foods or two or three time consuming dishes plus Type 1.

Leisure, Church, Community, and Family Activities. Activities for pleasure and personal or community improvement or benefit such as



bowling, sewing, knitting, reading, and clubs; church activities such as church attendance and circle meetings; community activities such as the heart fund drive; and other activities relating to family relationships such as outdoor camping trips, visits to the museums, picnics, and movies.

## CHAPTER II

### REVIEW OF LITERATURE

Literature contains studies of the home management practices of employed homemakers and comparisons of the practices of employed and non-employed homemakers. No research was found that focused on the management practices of homemakers employed with rotating shift work hours. Even so, the review of certain studies was helpful in developing, conducting, and analyzing this study. The following review of research is concerned only with the employed homemaker and her management practices.

#### General Home Management

Weigand found little or no evidence that homemakers selected a certain day of the week to perform certain homemaking tasks (26:39). About 86 percent of the homemakers interviewed by Walker indicated that they had some sort of plan for doing the housework (24:129). Special methods used by homemakers gave some evidence that some of them were planning, controlling, and evaluating in certain situations; for example, replacing certain objects with others that required less care (24:184).

#### Child Care

A study covering the civilian population of the United States was conducted in 1958 for the Children's Bureau by the Bureau of the

Census to discover the arrangements employed homemakers made for the care of their children under 12 years of age while they were at work (12). Care was found to be provided by fathers whose employment hours were different from those of the mother or who were either unemployed or not in the labor force, relatives under 18 years of age who the researchers believed were often older siblings, relatives over 18 years of age, nonrelatives who were often neighbors, groups such as through day-care centers, and the children themselves (12:14-15). Care for approximately 58 percent of the children was provided in their own homes; fathers were in attendance in 16 percent of the cases, relatives under 18 years of age in 11 percent, relatives 18 years of age and over in 9 percent, and nonrelatives in the remaining 12 percent (12:15). Twenty percent of the children received care in the home of the caretaker, the caretaker in more than one-half of the cases being a relative over 18 years of age; nonrelatives provided care for the others (12:15). Eight percent were expected to care for themselves; all of these were 6 years or older (12:1). Only 2 percent received group care (12:15). Other types of care, received by 12 percent, included the homemaker taking them along with her to work (12:17).

Holmes, in comparing the job-related expenditures and management practices of a total of 365 employed and nonemployed wives in four Georgia cities in 1957 found that 92 percent of the employed homemakers with children under 6 years had some paid help for the care of their children (8:1). It was also found that the employed homemakers with children under 6 years of age were more likely to use paid services for

child care than were those homemakers with children aged 6 to 17 (18:1). The reason for this difference was likely due to the older children being in school during the work hours of the homemakers. More often than not, arrangements were for paid child care in their own homes (8:14). There was no indication of who these paid helpers were or of any unpaid help.

In a similar study, but in a different locale and with a larger group of 744 employed and nonemployed homemakers, Holmes obtained similar findings with respect to child care among families with children under 6 years and those with children over 6 years (9:19). Away from the home paid care was provided in nursery schools, day-care centers, and other person's homes (9:18).

#### Laundry and Clothing Care

Frequency of performance of laundry and clothing tasks. In a study (21:38) comparing the management of household tasks of 59 employed homemakers and 237 full-time homemakers, 61 percent of the employed homemakers were found to perform family laundry tasks more than once a week with more than one-half of them having a regular schedule for doing so. Approximately 75 percent of the homemakers reported that they never did any sewing (21:24), but from 31 to 37 percent said they mended either a lot, some, or little (21:25). Walker, in determining some home management practices of 35 employed homemakers, found that mending was done but not in all families (24:139). More than twenty reported mending undergarments, but very few made garments (24:143).

Assistance received. In Walker's study over one-half the homemakers were responsible for doing the family laundry with some

indication of paid help (24:103). Tuttle (21:42) also found that homemakers were largely responsible for doing the laundry and that some assistance was received from family members; ironing, was the task for which most help was received. In 31 percent of the cases, children 6 years or older rendered this service. Fourteen percent of the homemakers reported that husbands gave assistance with both washing and ironing, while 24 percent indicated they received help from persons outside the immediate family, often a relative. Holmes' study in Georgia revealed that 35 percent of the homemakers hired the entire family laundry done every week or almost every week (8:14). Since this study was primarily concerned with job related expenditures of homemakers, apparently no attempt was made to determine who did the laundry in the other families where no hired help was obtained on a regular basis.

Problems. Of the 35 homemakers interviewed by Walker (24:78), about one-third indicated that general care was their major clothing problem. Sixty percent indicated that ironing was the biggest problem in doing the family laundry. Mending was a problem for one-fifth of the homemakers. Forty percent had no laundry problems; they were the ones who had it done by relatives or a commercial laundry or had help with ironing. Thirty-five percent of the homemakers in Tuttle's study indicated that fatigue was a problem associated with the family laundry operation; 27 percent stated that ironing was the cause of it (21:52). Thirty-four percent of the respondents were satisfied with their present laundry situations, but almost one-half of them wanted to make



a change in the time laundry was done; 14 percent wanted to make a change in personnel; and 3 percent wanted to make a change in equipment (21:35). Of those homemakers who sewed, 71 percent wanted to sew more (21:39). In view of these expressions for change, perhaps sewing, the time laundry was done, who did the laundry, and the laundry equipment were also laundry and clothing care problems among these homemakers.

#### House Care

Frequency of house care tasks. All homemakers in Tuttle's investigation made beds and dusted more often than they accomplished any of the other tasks studied (21:19). The least frequently performed tasks were cleaning oven, polishing furniture, washing windows, and cleaning refrigerator, in that order.

Assistance received. Berger's study of the management practices of employed and nonemployed homemakers in Virginia in 1962 showed that employed homemakers had help regularly from husbands, children, relatives, or paid help with household work (2:21). Paid help, as indicated by 56.7 percent of the homemakers, was the type of help used more often on a regular basis, but husbands and children helped out regularly in from 43.3 percent to 46.7 percent of the cases (2:22). Relatives other than immediate family members gave negligible assistance to these homemakers. All employed homemakers interviewed by Tuttle were largely responsible for performing household tasks (21:41). However, all of these homemakers received some help from husbands particularly with tasks such as picking up and emptying garbage (21:43).

All homemakers with children 6 years of age or older received some help from these children (21:44). Tasks they helped with most were picking up and dusting. All homemakers received some assistance from persons other than immediate family members (21:46). Often this help was from relatives; the highest incidence was for cleaning floors and washing windows. The results of Walker's research showed that the homemakers alone performed about one-half of all types of housecleaning tasks, but some assistance was received from children with the daily and weekly cleaning (24:110). Homemakers did at least one-half of the seasonal cleaning by themselves but had more help from husbands for this than for routine cleaning. In Holmes' Ohio study only about 20 percent of the homemakers had paid assistance with housecleaning; mothers of preschool children were most likely to have this type of help (9:19). This may have been because persons hired to care for children in the homes also performed some housecleaning while they were caring for the children.

Problems. Sixty-six percent of the homemakers in Tuttle's study said they were faced with no problems connected with housework (21:56). Of those who did report difficulties, the largest number (12%) said that their "own feeling" was a problem. This may have been related to time pressures, fatigue, or attitude. Homemakers in Walker's study mentioned problems related to seasonal cleaning tasks more frequently than with weekly or daily cleaning tasks (24:86).

#### Food Management

Meal types. Bailey, during the period between 1958 and 1960,



conducted a study with 428 employed and nonemployed Georgia homemakers to obtain information about their food management practices (1). To determine whether employment had a bearing on the complexity of family meals served, the meals for one day were classified into types, two types of morning meals and four types of noon or evening meals, according to the total length of time used in preparing the meals (1:15). Simple, Type 1, breakfasts and lunches and more time consuming, Type 3, evening meals were served in most of the employed homemaker families on the interview day (1:16).

Meals served at home and meals eaten out. All studies reviewed that pertained to meals served in the home showed that an average of between 18 and 19.3 meals had been served in the homes of employed homemakers during a week prior to the interviews (1:17; 8:2; 9:21). One study showed that only 19 percent of the employed homemaker families ate meals out for that same period of time (9:22).

Meal planning. Fleming studied the meal management practices of 50 employed homemakers and found that almost one-half of them planned family meals as they shopped, then made decisions daily for each day's meals either in the morning upon leaving for work, traveling home from work, or after arriving home (6:13). Only 16 percent made any kind of weekly plan. Dickens' study in 1956 of the food use of employed and nonemployed homemakers showed that most of the employed homemakers planned breakfast and the evening meal just before or during preparation (4:3-4). However, 62 percent of them planned the noon meal the night before or previous to the night before (4:16). More than 75 percent of the employed homemakers in Bailey's study planned noon and

evening meals sometime between the night before to just before preparation (1:14). About 66 percent of the homemakers in Berger's study usually planned meals from one day ahead to just before the meal (2:27). About 33 percent of the respondents planned meals from two or more days to one week in advance.

Marketing practices. From 78 to 88 percent of the homemakers in research conducted by Bailey and Fleming did most of the food shopping with some husband assistance (1:18; 6:10). Mize's study showed that husbands alone shopped for food in 55 percent of the families of employed homemakers with children (15:11). In 40 percent of the families the homemaker and husband shopped together.

Sixty-nine percent of the homemakers interviewed by Bailey averaged 1.6 grocery shopping trips per week while almost 60 percent of those interviewed by Tuttle also shopped more than once each week (1:18; 21:28). Thirty of the 35 employed homemakers interviewed by Walker shopped on a weekly basis (24:137).

Fifty percent of the employed homemakers in Berger's research reported making grocery lists by writing down items as they were thought of during the week (2:25). Approximately one-third of the homemakers either made lists or revised lists just before shopping. Perhaps some of those who kept running lists during the week were among those who made revised lists. Almost 72 percent of the homemakers in Walker's study used shopping lists; with only one exception, these were written lists (24:137).

Food pre-preparation. The employed homemakers interviewed by Bailey, Berger, and Fleming indicated that some advance food

preparation was done (1:15; 2:24; 6:22). Berger and Fleming reported that more than one-half of their employed interviewees prepared food for future use several times each month (2:24; 6:22). Types of advance preparation included cooking more than needed for one meal and saving it for future use (2:24; 1:15; 6:22), and preparing certain foods the night before serving (1:15; 6:22) and for over the weekend (1:15). The employed homemakers in Bailey's study were more likely to prepare meats ahead of time than any other foods (1:15).

Use of convenience foods. Sixty-six percent of the employed homemakers interviewed by both Tuttle and Holmes reported using some commercially frozen foods in meals at home (21:28; 8:19). Ninety-eight percent of the homemakers in the Holmes study used commercially canned foods (8:19). Of those homemakers who did homebaking in both studies, 34 percent interviewed by Holmes (8:20) and 88 percent interviewed by Tuttle (21:28) used commercial mixes.

Assistance received with meal preparation, service, and cleanup. Twenty-two percent of the employed homemakers in Holmes' Georgia study reported having some paid help with meal preparation when they were not at home to do it (8:20). Usually this paid assistance prepared the noon meal only, and usually it was done because there were young children or elderly persons who had to be fed while the homemaker was at work (8:21). Nolan and Tuttle found that the employed homemakers in their study were primarily responsible for meal tasks (17:14) but that help was received from husbands, children 6 years of age or older and miscellaneous others in preparing meals and washing dishes (17:14-15). Husbands gave more assistance with meal preparation (47%), while

children gave more assistance with washing dishes (72%). In comparing total assistance given with these tasks, children were more helpful than anyone else (17:14-15). In Walker's study, more than one-half of the homemakers either had family members preparing their own breakfasts or someone other than the homemaker preparing the meal (24:97). A majority of the homemakers were responsible for preparing the evening meal but did have assistance from other family members (24:97). This assistance was more likely to be given by children than by husbands (24:101). Only 8 of the 35 homemakers participating in the study prepared the evening meal with no help (24:97). After meal cleaning tasks were performed by other family members in two-thirds of the cases (24:137). In Holmes' Ohio study about one-half of the employed homemakers received assistance from other family members; sometimes they prepared certain meals, sometimes only assisted the homemaker in preparing them. The homemakers receiving this kind of help were those with children 6 years of age or older (9:21). This seems to imply that assistance with meal tasks may have been given primarily by children. McDonald found that 77 percent of the employed homemakers in her study received some help with meal tasks; children were slightly more helpful than husbands (14:39). Assistance from other adults occurred in less than 20 percent of the cases.

Problems. Homemakers in studies by Fleming and Walker reported lack of time as a specific problem or as a reason underlying certain other problems (6:22; 24:78).

### Participation in Leisure, Church, Community, and Family Activities

Surveys by Rothe and Nolan and Tuttle showed that employed homemakers' participation in community affairs centered around religious activities, hobbies, lodges, and special interest and social groups (18:785-786; 17:16-19). In general, the employed homemakers in Nolan and Tuttle's research found the time to participate in desired activities and were likely to be satisfied with their level of participation in them (17:19). Employed homemakers in Rothe's study were not able to participate as much as they wanted and indicated that a lack of time influenced their degree of participation (18:785-786). Homemakers in Kessel's study were least satisfied in general with the time they were able to spend with their husbands and children (11:62).

### Work Simplification Techniques

Berger and Nolan and Tuttle sought to determine if employed homemakers were using any time and labor saving techniques as part of possible adjustments to working outside the home (2:31-32; 17:12). They found that homemakers were utilizing such techniques. The most frequently mentioned ones involved the elimination of unnecessary operation, motions, or trips; the use of electrical appliances and other labor saving equipment and supplies; and the use of a plan of work.

### Summary of Review of Literature

Employed homemakers generally had no special day of the week for doing certain household tasks (26:39), yet they had some type of plan



for doing housework, and they used special methods indicating that they may have been planning, controlling, and evaluating in certain situations (24:129, 184).

Homemakers were most likely to make arrangements for the care of their children in their own homes (12:15; 8:14; 9:19); caretakers were most likely to be fathers, relatives under 18 years of age assumed to be older siblings, nonrelatives, and relatives 18 years of age and over (12:14-15). No indication was made as to whether or not any of this assistance was paid. Other studies reported the frequent use of paid help with no mention of who these helpers were (8:1; 9:19).

Laundry tasks performed in the homes of employed homemakers were most likely to be done more than once each week and on a regular schedule (21:38). Little sewing and some mending was done by employed homemakers (21:24-25; 24:139, 143). Although they were largely responsible for clothing care, there was some indication of paid help and assistance from other family members and persons outside the immediate family, often a relative (24:103; 21:42). More than one-third of the homemakers hired the entire family laundry done every week or almost every week (8:14). Each study reviewed reported some homemakers to have problems in caring for the family clothing (24:78; 21:35, 39, 52). These problems were associated with ironing, mending, sewing, time of laundry operation, who performed the laundry tasks, and laundry equipment.

Literature reporting how often homemakers performed certain housecare tasks showed that homemakers made beds and dusted more often than they performed any of the other tasks studied (21:19). Three out

of four studies implied that homemakers were responsible for housecare tasks but did receive some assistance from family members, persons other than immediate family members, and paid help (21:41, 43, 44, 46; 24:110; 9:19). Homemakers who did have difficulties with housecare were concerned with their personal feelings about tasks in general, and problems related to certain seasonal, weekly, and daily cleaning tasks (21:56; 24:86).

Types of meals employed homemakers served their families indicated simple breakfasts and lunches and more time consuming evening meals (1:16). All studies showed that an average of between 18 and 19.3 meals were served in the home the week prior to interviews and that eating meals out was a rarity (1:17; 8:2; 9:21-22). Each study concerned with meal planning reported that this task was usually done the night before, previous to the night before or just before or during preparation (6:13; 4:3, 4, 16; 1:14; 2:27). Two out of three studies indicated that the homemakers were usually responsible for the family food shopping with some husband assistance (1:18; 6:10). The third study, however, reported 95 percent of the homemakers either shopping with their husbands or having their husbands do it alone (15:11). One study reported that almost all of the homemakers interviewed shopped for groceries on a weekly basis (24:137) while two other investigations found that shopping was more likely to be done oftener than once each week (1:18; 21:28). The use of food shopping lists was a common practice among the homemakers in the studies reviewed (2:25; 24:137). Some advanced food preparation was done (1:15; 2:24; 6:22); this included preparing and saving foods for future use, preparing more than



needed for one meal and saving the leftovers for future meals, and preparing certain foods the night before or over the weekend before serving. More than one-half the homemakers in all studies used some commercially prepared convenience foods such as frozen and canned goods, and ready mixes (21:28; 8:19-20). Homemakers usually had some assistance with meal preparation, service, and cleanup (8:20-21; 9:21; 14:39; 17:14-15; 24:97, 101, 137). This help was more likely to come from family members rather than from paid help or someone outside the family. It was given either in the form of assistance to the homemaker who was responsible or doing the entire job for the homemaker. Lack of time was often viewed by homemakers as a problem or as a cause for certain problems associated with food management (6:22; 24:78).

There is conflicting evidence about participation in various religious, special interest, and social activities. A majority of homemakers in one study were as active as they wanted to be in these groups (17:19), while those in another study were not as satisfied and said that a lack of time had a bearing on the extent of their participation (18:785-786). Satisfactions of employed homemakers with the time they were able to spend with their husbands and children indicated they were most likely to be less than satisfied (11:62).

Employed homemakers used work simplification techniques, mainly eliminating unnecessary operations, motions, or trips; using electrical appliances and other labor saving equipment and supplies; and using a plan of work (2:31-32; 17:12).

### CHAPTER III

#### PROCEDURE

##### Subjects

Subjects selected for this study were limited to women who (1) were employed fulltime on rotating shifts in a textile factory in Wilmington, North Carolina, (2) were married with preschool and/or school age child or children and living at home with husband, (3) had no other adult residing with the family, and (4) agreed to be interviewed.

Supervisors of the factory were asked to cooperate in obtaining names of prospective respondents by reviewing company files to determine the women qualifying. A letter, (Appendix A), explaining the nature of the study and how homemakers could participate in the study was composed by the researcher and presented to qualifying women by the factory supervisors. Names, addresses, and telephone numbers of the first twenty-five women agreeing to participate were secured by the supervisors. The researcher then contacted by telephone each homemaker for confirmation of participation and for an interview appointment.

##### Interview Schedule

Because of the nature of the information desired, the interview method of collecting data was used. Types of data collected included

personal and family characteristics of respondents, reasons for working outside the home, economic costs imposed by working rotating shifts, possible effects on financial plans if homemaker became unemployed, and managerial practices, problems, and satisfactions relating to child care, housecare, laundry and clothing care, food management, and participation in leisure, church, community, and family activities while working each shift, the days of rest, and the long weekend.

The limited number of respondents made it possible to record comments made by homemakers as they answered the questions. Both open-end questions and questions with predetermined answer categories were used in the final interview schedule (Appendix B). When questions with predetermined potential answers were used, a card with the question and answers among which to choose was given the homemaker in order that she might give answers more readily. The interview schedule was developed so that data could be quantified easily.

A tentative interview form was pretested with two homemakers working rotating shifts to determine if the desired information was being obtained. After revision of the schedule, interviews were conducted by the researcher with the twenty-five qualifying homemakers participating in the study. Each interview required approximately forty-five minutes.

#### Data Analysis

Data obtained from the interview forms were hand tabulated and summarized. Tables and figures were developed to present data when appropriate.

## CHAPTER IV

## FINDINGS

Description of Families

The twenty-five homemakers who participated in this study lived with their families within traveling distance of the factory where they were employed full-time as operators on rotating shifts. The families were relatively small and young (Table 1). Sixty percent had been

Table 1. Characteristics of Families with Homemakers Employed on Rotating Shifts (N=25)

Family Characteristics		Number
<u>Children in family</u>		
Number and age range		
One		15
Less than 3 years	10	
3-6 years	4	
7-12 years	1	
Two		4
Less than 3 years	3	
3-6 years	4	
7-12 years	1	
Three		3
3-6 years	3	
7-12 years	5	
13-17 years	1	
Four		2
3-6 years	2	
7-12 years	3	
13-17 years	2	
18 years and over	1	

Table 1. (Continued)

Family Characteristics	Number
<u>Children in family</u>	
Five	1
3-6 years	1
7-12 years	1
13-17 years	2
18 years and over	1
<u>Homemakers</u>	
Age	
Under 26 years	18
26 and over	7
Education	
Less than 12 years	4
High school graduate	14
Beyond high school	7
Employment	
Length of employment	
Less than 2 years	5
2-5 years	13
Over 5 years	7
Length of employment on shifts	
Less than 1 year	13
1-5 years	9
Over 5 years	3
Projected employment	
Short term	3
Long term	22
Years Married	
1-5 years	15
6-10 years	5
Over 10 years	5
<u>Husbands</u>	
Employment status	
Fulltime	20
Part-time	2
Unemployed	3

Table 1. (Continued)

Family Characteristics	Number
<u>Husbands</u>	
Job	
White collar	1
Blue collar	21
Unemployed	3
<u>Family income</u>	
\$5,000 - 9,499	8
9,500 -13,499	7
13,500 and over	10

married from one to five years; more than one-half had only one child. Twenty-seven of the children ranged in age from less than 3 years to 6 years. Seventy-two percent of the homemakers were no older than 25 years of age. A majority of the husbands were fulltime employed blue collar workers, and in most instances were factory operators. Several were employed on rotating shifts with their wives. Forty percent of the families had a total annual income of \$13,500 and over.

The formal education for 56 percent of the homemakers was at the high school level; 16 percent had less and 28 percent had more than twelve years of schooling (Table 1).

Even though 52 percent of the homemakers had been in the labor force from two to five years, 52 percent of them had been employed with rotating shift work hours for less than one year. Eighty-eight percent of the respondents anticipated long term participation in the labor



force and indicated that they expected to be employed for wages as long as possible.

A description of the motives homemakers had for being employed is shown in Figure 1. All homemakers indicated a desire to have a greater family income as being one reason for seeking employment outside the home. All but one homemaker reported working for additional reasons. Of these respondents, 56 percent gave one other reason. A desire to have own spending money and a desire to have contacts outside the home were mentioned most frequently and equally as often in combination with a desire to have an increased family income. The other 44 percent gave from two to five reasons for working in combination with additional income. Seventy-six percent of the homemakers thought that to have an increased family income was the most important reason for their seeking employment for wages away from home.

When asked what adjustments, if any, would need to be made in their financial arrangements or plans for the present and/or future if they became unemployed, only 8 percent of the homemakers responded freely that no changes would be necessary (Figure 2). Fifty-six percent of the others gave a combination of two changes that would be necessary. The most frequently mentioned combination was to adjust the budget to spend less for unnecessary items and to eliminate or use up financial reserve in savings. The other 44 percent gave combinations of from three to five changes, each combination being mentioned only once. When asked to respond to a check list of possible changes, all homemakers reported that some change would be necessary (Appendix C).

Figure 1. Reasons for Employment by Number of Components (Combined free response and check list answers)

(Numbers in parenthesis indicate frequency.)

1. One component response

To increase family income (1)

2. Two component response

To increase family income

- To have own spending money (5)
- To get away from home (boredom or escape) (1)
- To have outside contacts (5)
- To attain greater respect from family and friends (1)
- To achieve something worthwhile (2)

3. Three component response

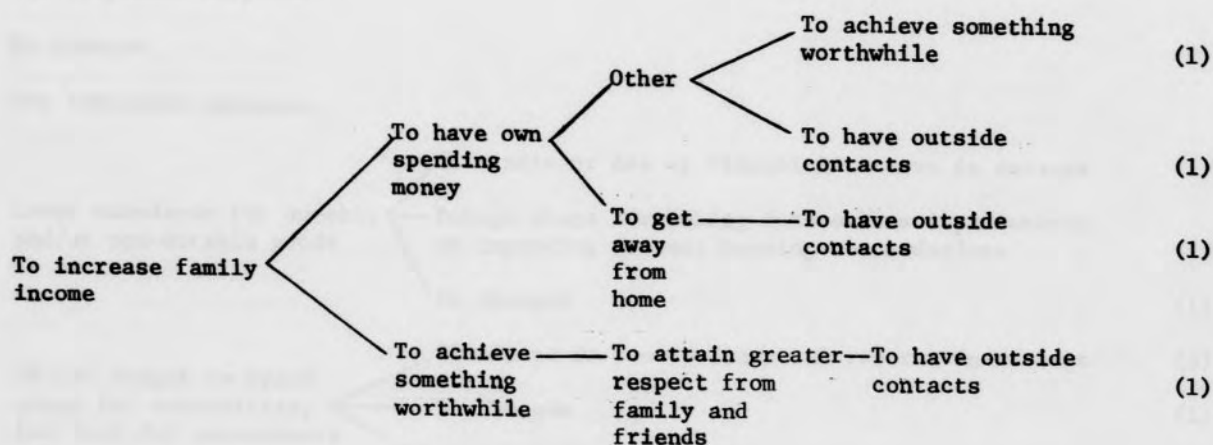
To increase family income

- To have own spending money—To get away from home (1)
- To have outside contacts—To achieve something worthwhile (2)

Figure 1. (Continued)

(Numbers in parenthesis indicate frequency.)

4. Four component response



5. Five component response

To increase family income — To have own spending money — To get away from home — To have outside contacts — To achieve something worthwhile (2)

6. Six component response

To increase family income — To have own spending money — To get away from home — To have outside contacts — To achieve something worthwhile — To attain greater respect from family and friends (1)

Figure 2. Possible Effects of Unemployment on the Present and Future Financial Arrangements and Plans by Number of Components as Reported by Free Responses

(Numbers in parenthesis indicate frequency.)

1. One component response

No changes (2)

2. Two component response

Lower standards for durable and/or non-durable goods	Eliminate or use up financial reserve in savings	(1)
	Forego plans for making future home improvements or improving present housing accommodations	(1)
	No changes	(1)

Adjust budget to spend money for necessities, but less for unnecessary items	Eliminate or use up financial reserve in savings	(5)
	No changes	(1)
	Other	(1)

Just could not make ends meet	Eliminate or use up financial reserve in savings	(1)
	Forego plans for making future home improvements or improving present housing accommodations	(1)
	No changes	(1)

Eliminate or use up financial reserve in savings	No changes	(1)
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Figure 2. (Continued)

(Numbers in parenthesis indicate frequency.)

3. Three component response

Adjust budget to spend money for necessities, but less for unnecessary items	Eliminate or use up financial reserve in savings	<div> <div>Make minimum payments on installment debts</div> <div>Do without advanced education and/or self-improvement activities for children and/or husband and/or self</div> </div>	<div>(1)</div> <div>(1)</div>
Adjust budget to spend money for necessities, but less for unnecessary items	Sell car	No changes	(1)
Just could not make ends meet	Forego plans for making future home improvements or improving present housing accommodations	Other	(1)
Just could not make ends meet	Sell car	Eliminate or use up financial reserve in savings	(1)
Eliminate or use up financial reserve in savings	Other	Do without advanced education and/or self-improvement activities for children and/or husband and/or self	(1)

Figure 2. (Continued)

(Numbers in parenthesis indicate frequency.)

4. Four component response

Lower standards for durable and/or non-durable goods	Make minimum payments on installment debts	Eliminate or use up financial reserve in savings	Do without advanced education and/or self-improvement activities for children and/or husband and/or self	(1)
--	--	--	--	-----

Adjust budget to spend money for necessities, but less for unnecessary items	Sell car	Eliminate or use up financial reserve in savings	Forego plans for future home improvements or improving present housing accommodations	(1)
--	----------	--	---	-----

5. Five component response

Just could not make ends meet	Sell car	Eliminate or use up financial reserve in savings	Forego plans for making future home improvements or improving present housing accommodations	Buy fewer non-durable goods	(1)
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A majority of homemakers (60%) gave either only one change, or a combination of from three to four changes, each combination being mentioned only once. The others gave combinations of two, five, six, or seven responses; there was no pattern of combinations. Two changes mentioned most frequently were to do without or spend less for vacations by 56 percent and to replace durable goods less frequently by 52 percent.

Change in Household Operations and Family Care According to Work Shift

Sixteen (64%) of the homemakers indicated that costs for household operations and/or family care changed with certain work shifts. Each of these women identified both a work shift with increased costs to them and a work shift with decreased costs (Table 2). The other respondents thought that costs remained the same regardless of the shift schedule.

Increases in family operating costs were found to occur by some families in each of the three work shifts; however, highest incidence of an increase occurring was for the 8 A.M. to 4 P.M. shift. This was indicated by 56 percent of this group of respondents of nine homemakers (Table 2). Twelve of the sixteen respondents (75%) citing a high cost shift gave one major reason for it; others stated multiple reasons. Reason for the increased cost, in order of incidence from highest to lowest, were food, child care, transportation, and recreation and self entertainment. Increased cost of food at home was mentioned more frequently than was cost of food away from home (Table 2).

Table 2. Change in Cost of Household Operation and Family Care by Shift Schedule.

Reasons for Change in Cost	Increase				Decrease			
	Shift			Total (N=16)	Shift			Total (N=16)
	8-4 (N=9)	4-12 (N=4)	12-8 (N=3)		8-4 (N=4)	4-12 (N=7)	12-8 (N=5)	
Child Care	7	1	-	8	2	6	3	11
Food								
At home	3	4	1	8	-	-	5	5
Away from home	1	1	1	3	-	-	-	-
Transportation	-	1	1	2	1	-	-	1
Recreation and self entertainment	-	-	1	1	1	2	2	5
Shopping expense	-	-	-	-	-	2	-	2
Total	11	7	4	22	4	10	10	24

Decrease in family operating costs indicated in greatest number was for the 4 P.M. to midnight shift. Lessened cost for child care was the outstanding reason cited, followed equally by food at home and recreation and self entertainment. As in the case of increased expenses, a majority of respondents citing decreased costs cited one reason for it.

#### General Home Management

Planning for accomplishment of activities. Most of the respondents indicated doing some planning for activities in which they and their families were involved. Only three stated they never planned (Table 3). Sixty percent or fifteen of the total group planned to the extent of knowing what activities were to be accomplished and assigning priority to these activities, setting time limits for completing the most important ones and if necessary, leaving the less pressing ones to be effected at a more convenient time. The plan with a time schedule for each activity was least often mentioned, by only two women. Sequencing of activities was not mentioned, in that no one specifically related that activities to be accomplished were listed in any order. However, this may have been implied when homemakers who did any planning stated that they worked at completing the most important activities first. It is evident that the few homemakers who developed time schedules for each activity did some sequencing of these activities.

Control over planned activities. Twenty of the homemakers made some effort at insuring that their plans were carried through (Table 3).

Table 3. Management for Accomplishing Home, Family, and Personal Activities (N=25)

Management for Accomplishing Activities	Number
<u>Planning</u>	
No plan	3
A plan	22
List all activities, with goal first to accomplish the essential ones within a definite time period and to accomplish less important ones as time permits	15
List essential and non-essential activities to be accomplished as time permits	5
List essential and non-essential activities to be accomplished with a time schedule for each activity	2
<u>Control of Plan</u>	
No control indicated	5
Attempt to control	20
Means of control (multiple response)	
Mental	19
Written	5
Visual	5
Dependence on others	4
No particular method	2

Frequently implied means of control were making decisions relating to not starting too many jobs at once, thinking about activities accomplished in relation to those planned, and adjusting original plans for some reason. Other means of control mentioned were persisting through activities until completed, obtaining assistance from others through delegating part of the responsibility for accomplishment to children, and detailed planning through a time schedule for activities.

Nineteen of the homemakers relied on mental notes to help them remember activities to be accomplished. Other less often mentioned aids ranged from written notes such as a posted list of activities to be accomplished, to visual reminders such as bills to be paid kept in sight, to dependence on others such as having members of organizations to which homemakers belong call to remind them of meeting dates (Table 3).

Generally, the homemakers were most likely to deviate from their original plans while working the 4 P.M. to midnight shift (Table 4).

Table 4. Change in Plan by Shift Schedule and Work Breaks (N=25)

Usual Change in Plan	Shift Schedule			Long	Days of
	8-4	4-12	12-8	Weekend	Rest
None; follow plans as first anticipated	10	5	13	20	15
Original plan requires some adjustment	15	20	12	5	10

Plans were least likely to require changes over the long weekend work break. Eighty percent of the women stated that they were usually able to stick with their initially planned activities.

Only two homemakers consistently found it necessary on each shift and the work breaks to make some change in their original plans for activities. None reported usually having to abandon their original plans altogether; sixty-eight percent stated they seldom did; and the



remainder indicated they did so only occasionally.

Eventual Completion of unfinished activities. Twenty-three respondents (92%) indicated that even though they might not be able to finish some activities undertaken when planned, they did get them accomplished at a later time (Table 5). An equal number of homemakers,

Table 5. Eventual Completion of Unfinished Activities, When and by Whom According to Urgency, and Reasons for Unfinished Activities

Task Completion	Number
<u>Eventual completion of unfinished activities</u>	
No	2
Yes	23
When	
As soon as possible	9
Next day	9
Eventually	5
Usually by whom	
Homemaker	20
Homemaker and other family members	3
If urgent, by whom	
Other family members or relatives	6
No response	17
<u>Reasons for unfinished activities (multiple responses)</u>	
Unimportance of activity	10
Unexpected interruptions	9
Time limitations	9
Fatigue	6
Others	5

nine (39%), stated that unfinished tasks were finished as soon as possible or the next day. Usually the homemaker received no assistance



with this. However, if a task was urgent and needed to be completed immediately it was completed by other family members or relatives.

Reasons for not completing activities as planned. All homemakers were somewhat aware of why activities sometimes had to be left undone either temporarily or permanently; almost one-half of them indicated more than one reason. Reasons for leaving activities incomplete were most frequently associated with unimportance of the activity, unexpected interruptions, time pressures, and fatigue, in that order (Table 5).

#### Child Care

Problems relating to child care arrangements. Seventy-two percent of the homemakers stated that regardless of their shift schedule they experienced no difficulties in seeing that their children received care (Table 6). None of the respondents indicated a problem for the

Table 6. Child Care Problems by Shift Schedule (N=25)

Problem (multiple response)	Work Shift		
	8 - 4	4 - 12	12 - 8
No problem	23	21	20
Keeping a sitter	1	1	-
Interrupting child's sleep when transporting to and from sitter's home	-	3	3
Difficult to sleep during daytime when child at home	-	-	2
Pressed for time	1	1	-

work break periods. Of the seven homemakers who had difficulties at some time or other, more homemakers were likely to have them while working the midnight to 8 A.M. shift than during other work hours. Problems for that shift were related to disturbing a child's sleep to take it to sitter's home and having a child at home during the daylight hours following the work hours thereby making sleep difficult for the homemaker. Respondents were least likely to have problems with child care while working the day shift, 8 A.M. to 4 P.M.

Preschool child care arrangements. Of the 19 homemakers with preschool children, all made some routine adjustments in the arrangements they provided for the care of their children at one time or another. These changes were made either while working a certain shift or going from one shift to another or on a day of rest. All mothers of preschool children found it necessary to secure the services of outside sitters when working the 8 A.M. to 4 P.M. hours. These services in all but two cases were paid, and the children in all but two cases were kept in a location other than their own home (Table 7). When working the 4 P.M. to midnight and the midnight to 8 A.M. shifts, approximately 60 percent of the respondents with young children depended on their husbands to look after them; the remaining women had to rely on other persons. The prevailing arrangement was to pay persons for this service, which was in most cases performed in the home of the sitter. During the daylight hours following the work hours of both the 4 P.M. to midnight and midnight to 8 A.M. shifts, six homemakers arranged for someone to keep their children with two additional women doing the same thing on the off hours following the midnight to

Table 7. Child Care Arrangements for Preschool and School Age Children by Work Periods, Work Breaks, and Other Hours Homemaker is Unavailable for Full Attention to Children

Arrangements	Preschool Children (N=19)							School Age Children (N=8)						
	*8-4	4-12	12-8	Long weekend	Days of rest	Hours after 4-12 shift	Hours after 12-8 shift	8-4	4-12	12-8	Long weekend	Days of rest	Hours after 4-12 shift	Hours after 12-8 shift
<b>Paid services</b>														
Sitter: in homemaker's home	1	1	1	-	-	-	-	-	1	1	-	-	-	-
in own home	5	1	-	-	-	1	2	-	1	1	-	-	-	-
Relative: in homemaker's home	1	-	-	-	-	-	-	-	-	-	-	-	-	-
in own home	6	3	3	-	-	1	1	-	-	-	-	-	-	-
Nursery	5	-	-	-	1	3	3	-	-	-	-	-	-	-
<b>Unpaid services</b>														
Relative in her home	2	3	3	-	-	-	1	-	1	1	-	-	-	-
Husband	11	12	-	-	-	-	-	-	5	5	-	-	-	-
Homemaker	-	-	-	19	18	13	11	-	-	-	8	8	-	-

\* One multiple response

8 A.M. shift. All but one homemaker paid for these services. On the long weekend, all homemakers kept their children at home with them, and on the days of rest the same was true for all except one who sent her child to a day nursery school (Table 7). No preschool children were ever left alone.

School age child care arrangements. While working the day shift, the eight homemakers with children of school age did not have to be concerned about anyone keeping their children since these were the hours when they would be in school. Provisions for child care made by all homemakers remained the same for both the evening and early morning shifts; about 60 percent of the husbands looked after the children during these periods. Sitter services used by the other homemakers were paid in two out of three cases, and in two out of three cases, the children were kept at the home of the sitter (Table 7). In no instance was a school age child left alone during a complete work period.

Alternative child care arrangements. When the usual sitter arrangements for child care failed or were not possible, a majority of the homemakers with children of preschool age indicated they would ask a relative to keep their children. In the same situation, the school age children were almost equally apt to be kept by a neighbor or a relative, or to stay alone (Table 8). In no instance had a homemaker found it necessary to stay home from work to look after her children.

Degree of satisfaction with child care arrangements. Sixteen to twenty-three (64-92%) of the homemakers depending upon work and break

Table 8. Alternative Arrangements for Child Care by Age of Children

Alternative Arrangements	Preschool Age	School Age
	N=19	N=8
	Number	Number
Relative	17	2
Neighbor	-	3
Children could care for themselves	-	2
Do not know, because have not experienced this situation yet	2	1



schedules stated they were always satisfied with arrangements they had for child care. With two exceptions, all others were usually satisfied. No homemaker indicated she was seldom or never satisfied with arrangement she had made for the care of her children (Table 9).

Desired changes related to child care arrangements. For each of the three work periods, approximately 60 percent of all homemakers reported they would not do anything differently regarding their present child care situations (Table 9). With but one exception, the women stated they would leave arrangements the same during all the work breaks. This exception indicated she would prefer to have a sitter on a part-time basis during these periods for the purpose of taking the children out to play with other children while she performed her housecare tasks.

Of those who expressed a desire to make some type of change, the number was almost equal for each work shift. Most changes desired were related to sitters; the most frequently mentioned one was to have the sitter come to the home. This change was most often cited for the day shift. Other desired changes mentioned were to have someone other than the homemaker to care for children during the daylight hours following night work so the homemaker could sleep and that greater assistance from the husband during the 4 P.M. to midnight and midnight to 8 A.M. shifts.

Laundry and Clothing Care, Washing and Ironing.

In almost all cases, throughout the shift schedule the homemaker was more likely than other persons to be responsible for doing both the



Table 9. Satisfactions and Desired Changes Relating to Child Care Arrangements by Shift Schedule (N=25)

Satisfaction and Desired Changes	Shift Schedule				
	8-4	4-12	12-8	Long Weekend	Days of Rest
Satisfaction					
Always	18	16	18	23	23
Usually	7	7	5	2	2
Often	-	2	2	-	-
Desired Changes (multiple responses)					
No Changes	14	15	15	24	24
Have sitter come to home	10	4	3	-	-
Have a sitter keep child while homemaker sleeps during daylight hours	-	5	6	-	-
Have another sitter	1	1	-	-	-
Have a sitter	-	-	-	1	1
Have more help from husband	-	3	3	-	-

family washing and ironing (Table 10). Only four of the homemakers received any assistance from other persons. This assistance was rendered by children and commercial services in two cases and was used whenever washing and ironing were done. In the other two cases, one homemaker received assistance with ironing only and the other received assistance with washing and ironing during the 8 A.M. to 4 P.M. shift only.

Table 10. Laundry Tasks, Who Performs Them, How Often, When, and Where by Shift Schedule

Laundry Tasks	Shift Schedule				
	8-4 (N=25)	4-12 (N=22)	12-8 (N=22)	Long Weekend (N=20)	Days of Rest (N=3)
Washing					
Who					
Homemaker	22	21	21	19	2
Homemaker and husband	-	-	-	-	-
Homemaker and children	1	1	1	-	-
Relative	1	-	-	-	-
Commercial services	1	-	-	1	1
How often					
Once	7	2	4	10	3
More than once	13	14	11	7	-
As often as necessary	5	6	7	3	-
When					
Regular day(s) and time of day	15	12	12	16	3
Regular time of day but no regular day	6	7	9	3	-
No regular day(s) or time of day	4	3	1	1	-
Where					
Home	20	19	19	17	1
Laundromat	4	3	3	2	1
Chinese wash and fold laundry	1	-	-	1	1

Table 10. (Continued)

Laundry Tasks	Shift Schedule				
	8-4 (N=19)	4-12 (N=16)	12-8 (N=16)	Long Weekend (N=18)	Days of Rest (N=4)
Ironing					
Who					
Homemaker	16	15	15	18	4
Homemaker and children	1	1	1	-	-
Relative	2	-	-	-	-
How often					
Once	6	3	4	10	4
More than once	2	3	2	-	-
As often as necessary	11	10	10	8	-
When					
Regular day(s) and time of day	2	5	5	7	3
Regular time of day but no regular day	4	4	4	-	1
No regular day(s) or time of day	13	7	7	11	-

The laundry pattern was to do some washing and ironing during each of the work periods and the long weekend. Homemakers seldom performed these tasks during their days of rest. Patterns were also evidenced in regard to frequency of washing and of ironing in that homemakers were most likely to wash more than once during the three work periods and only once during the long weekend and the days of rest. Throughout the shift schedule, they were most likely to wash on a regular day(s) and at a regular time of the day. Homemakers were most likely to iron as often as necessary during each of the work periods rather than any standard number of times and only once during the work breaks. They were most likely not to have any particular schedule for ironing except on the days of rest. The few who performed this task then usually did so at routine times. The laundry for 80 percent of the families was done at home at all times. Four homemakers used public laundromat facilities and one sent the family laundry to a commercial laundry.

Other Clothing Care Tasks. Other clothing care activities not related to the regular washing and ironing taking place included mending, sewing, polishing shoes, using coin-operated drycleaning services, seasonal care for family clothing, and pressing (Table 11). Pressing and polishing shoes were tasks mentioned most frequently. With the exception of polishing shoes, essentially, the homemaker alone performed all miscellaneous clothing care tasks.

Table 11. Other Clothing Care Tasks by Who Performs Them

Who Performs (multiple responses)	Tasks					
	Mending (N=17)	Sewing (N=10)	Polishing Shoes (N=22)	Coin-operated Drycleaning (N=8)	Seasonal Care (N=14)	Pressing (N=23)
Homemaker	15	7	13	8	14	22
Husband	1	-	14	-	-	4
Child	1	1	7	-	1	-
Relative	1	2	-	-	-	1

Laundry and clothing care problems. Approximately one-half of the respondents indicated they had no problems in getting the family washing, ironing, and other clothing care accomplished during the work periods. For each of the work breaks only two or three homemakers cited problems (Table 12). Five homemakers (20%) never had problems.

Table 12. Problems, Satisfaction, and Desired Changes Relating to Laundry and Clothing Care by Shift Schedule (N=25).

Problems, Satisfaction, and Desired Changes	Shift Schedule				
	8-4	4-12	12-8	Long Weekend	Days of Rest
<b>Problems</b> (multiple responses)					
None	12	13	11	22	23
Time pressures	9	11	4	3	2
Often weather does not permit hanging clothing out to dry	-	-	2	-	-
Fatigue	3	-	8	-	-
Mending	2	2	2	-	-
Other	3	1	1	-	-
<b>Satisfactions</b>					
Always	7	10	10	13	13
Usually	13	12	7	11	10
Often	2	3	5	-	-
Seldom or sometimes	3	-	3	-	2
Never	-	-	-	1	-
<b>Desired changes</b> (multiple responses)					
None	4	9	8	10	19
Organization	2	1	1	1	1
Equipment	9	9	9	8	3
Procedure	9	6	6	5	-
Paid services	8	4	6	5	3



A major problem throughout was time pressures; it was the most frequently mentioned difficulty in all time intervals except the midnight to 8 A.M. work shift. For the daytime shift, this was expressed in terms of generally being rushed for time in caring for family clothing; not having enough time in the evening, while busy with other chores, to take laundry from the dryer, making ironing necessary; and not having enough time to do laundry more than once during the shift, making it difficult to keep children in clean clothes. Time pressures during the 4 P.M. to midnight shift were associated with insufficient time to go to the laundromat and getting children's school clothing ready for wear the next morning, before going to work. Among the three work periods, more homemakers recognized problems while working the midnight to 8 A.M. shift. Over one-half of the respondents citing problems indicated that being tired made it difficult for them to perform family clothing care tasks as they would like to (Table 12). All respondents reporting problems during the work breaks experienced time pressures related to being rushed in general, taking time to go to the laundromat, and attempting to iron all articles of clothing accumulated during the preceding shift schedule.

Laundry and clothing care satisfactions. Among all periods of the shift schedule, a great majority of the homemakers indicated they were either always or usually satisfied with their present laundry and clothing care situations. Among these, 52 percent consistently experienced this degree of satisfaction. There occurred during the midnight to 8 A.M. work shift the highest incidence of often or

sometimes responses to satisfaction with these tasks. In only one incidence, during the long weekend break, did a respondent indicate she was never satisfied. This homemaker was unable to wash during that time because she felt it was more important to do her house-cleaning which had been neglected during the month (Table 12).

Desired changes in laundry and clothing care. Among the various time intervals, only four homemakers consistently expressed that they had no desire to make adjustments in the manner in which their family laundry and clothing care was being handled, but the number who did ranged from six to twenty-one (Table 12). The greatest number (84%) expressed a wish to make some type of change during the day shift. Types of changes in which homemakers expressed a need to make alterations included securing adequate home laundry equipment; procedure - laundering more or less frequently, changing time for going to the laundromat, putting articles of clothing away immediately after washing and folding; organization - generally being more organized in caring for family clothing, getting up early enough to do some laundry before going to work; and paying someone else to perform washing and ironing tasks. Equipment, procedure, and paid services were the areas in which homemakers wanted to make the most changes. Almost 80 percent of the homemakers wanted to continue in their present way of caring for their laundry and clothing during the days of rest. This could have been because 88 percent did no washing and 84 percent did no ironing during this period.

### Care of House

How housecare is accomplished. Eighteen (72%) of the homemakers said that they accomplished weekly and routine housecleaning tasks in their homes during each of the work periods by straightening or picking up out-of-place objects on a daily basis (Table 13). One of these homemakers reported this activity for the kitchen area only. Over the long weekend work break, twenty homemakers (80%) indicated either straightening daily plus cleaning thoroughly once or cleaning thoroughly only. During the days of rest, an equal number of homemakers, ten (40%), stated that they straightened or picked up only each day or either straightened daily and cleaned thoroughly once or cleaned thoroughly only.

In general, all homemakers reported some straightening or picking up in caring for their home interiors during each shift. A thorough cleaning of the house was most frequently reported for the long weekend. A few respondents indicated they did such cleaning only when necessary and if time was available or during days of rest.

Housecare tasks performed, by whom, and how often. Homemakers were asked about eight specific tasks to determine which ones, if any, were performed in their homes, by whom, and how often (Appendix D). These tasks were: dusting, vacuuming, dry mopping or sweeping, wet mopping, kitchen floor, cleaning bath floor, cleaning bathtub, cleaning lavatory, and cleaning commode. All but two tasks were receiving attention in all households; five homemakers did no vacuuming because of unavailability of equipment; eight homemakers did no dry mopping or

Table 13. Housecare Accomplished by Shift Schedule (N=25)

How Housecare Accomplished	Shift Schedule				
	8-4	4-12	12-8	Long Weekend	Days of Rest
Straighten or pick up daily	17	17	17	1	10
Straighten daily and a thorough cleaning only when necessary and if time permits	4	4	4	4	4
Straighten daily and a thorough cleaning once during shift	3	3	3	14	7
Straighten or pick up daily kitchen only	1	1	1	-	-
A thorough cleaning only	-	-	-	6	3
Straighten once during shift	-	-	-	-	1

sweeping because they had wall-to-wall carpeting or thought it impractical when a vacuum cleaner could be used. In addition to the selected tasks, homemakers were asked to cite any other jobs associated with housecleaning which were performed in their homes. Seven were listed and included cleaning the oven and refrigerator, caring for pets, caring for yards, washing walls, changing beds, and making beds.

Nine homemakers reported that beds were left unmade during certain work periods; three indicated this for all work periods. Each of these additional tasks may have been performed in more homes than indicated, but perhaps the importance homemakers attached to each of these tasks influenced whether or not it was mentioned.

Fifteen (60%) of the homemakers were totally responsible for performing all housecare tasks studied. Six of the other homemakers received assistance from children with one or more tasks including dusting, vacuuming, cleaning the kitchen and bathroom, and caring for pets. In four cases the husband helped with one or more tasks including caring for yard, vacuuming, dusting, and cleaning bath fixtures. A sitter assisted one homemaker with bathroom care; all family members helped by cleaning the bathtub in two households. Those giving help with the aforementioned tasks did so on a regular basis and were completely responsible for whatever task they were doing. Homemakers who mentioned help from children with pet care had this help throughout the shift schedule. Only one homemaker received help from children with other tasks at all times. Husbands who helped with yard work usually did so whenever it was done regardless of the shift schedule. Homemakers receiving help from husbands with inside house-care tasks received it during work periods only. Whenever all family members were involved in performing a task, they did it when necessary regardless of the shift schedule. The sitter who gave assistance did so only during work periods while also taking care of children.

Tasks were performed with the following frequencies: vacuuming, cleaning bathroom, and cleaning kitchen floors - once each work period



and each work break; dusting - once or twice during the work periods and once during the work breaks; cleaning bathtub - one to three times during the work periods and once during the work breaks; dry mopping, or sweeping, making beds, and pet care - daily, regardless of the time interval; changing beds - once during work periods and long weekend work break; cleaning oven and refrigerator - once during one of the work breaks; all other tasks occasionally during the work periods only (Appendix D).

Housecare problems. A majority of the homemakers said they experienced problems in getting their housework done during each of the work periods (62% - 84%), but for each of the work breaks fewer than one-half indicated difficulties (Table 14). Only three respondents cited that they never had problems.

Time pressures was the most frequently mentioned problem throughout the shift schedule except during the midnight shift. For the day shift, this problem was experienced by some, generally as a feeling of being rushed for time and by others, more specifically as a feeling of not having enough time before or after work to accomplish routine housework tasks, thereby having to do some tasks in a haphazard manner or else leave them undone. During the 4 P.M. to midnight shift, time pressures were again indicated in terms of a lack of time for getting housework in general accomplished and a lack of time for getting house tidied and in order before going to work. Respondents reporting time pressure problems during each of the work breaks indicated that they left too many housecare tasks to be done during these periods



Table 14. Problems, Satisfactions, and Desired Changes Relating to Housecare by Shift Schedule (N=25)

Problems, Satisfactions, and Desired Changes	Shift Schedule				
	8-4	4-12	12-8	Long Weekend	Days of Rest
<b>Problems</b> (multiple responses)					
No problems	4	9	4	17	15
Time pressures	17	12	5	4	5
Fatigue	1	-	18	-	1
Attention to personal needs of family members	1	3	3	2	4
Competition of other interests for time	1	1	-	2	-
Boredom with housework	2	2	1	2	2
Other	1	-	2	1	-
<b>Satisfactions</b>					
Always	3	7	3	9	8
Usually	14	8	12	12	10
Often	1	4	4	2	6
Seldom or sometimes	6	5	5	1	-
Never	1	1	1	1	1
<b>Desired changes</b> (multiple responses)					
None	8	9	7	13	14
Equipment	6	6	6	5	4
Paid services	6	6	7	6	6
Organization	6	6	5	2	2
Procedure	1	1	-	1	1
Other	1	2	4	-	1

instead of keeping them done as time progressed during the work periods. Among all periods, a greater and equal number of homemakers reported problems occurring while working the day and the midnight shifts. As already discussed, time pressures was the major problem experienced by seventeen (68%) of the homemakers during the day shift, but fatigue in the form of being constantly too tired and sleepy to do housework was the problem common to eighteen (72%) of the homemakers during the midnight shift.

Housecare satisfactions. During all time intervals, a majority (60% - 84%) of the homemakers expressed being either always or usually satisfied with the present way in which they were caring for their houses. Among these, however, only 44 percent regularly held this feeling of satisfaction (Table 14). Only one homemaker indicated that she was consistently never satisfied, commenting that years ago when first beginning shift work she began to let her housework slide, and that now she was too far behind to ever get it straight.

Desired changes in housecare. Only five homemakers indicated that they felt no need at any time to make changes in their present way of accomplishing their housecleaning, but respondents wanting changes ranged in number from eleven to eighteen throughout the shift schedule (Table 14). These changes were related to having adequate equipment necessary for housecare, such as a vacuum cleaner; securing paid services to accomplish housecare jobs, namely a maid; organization - generally being more organized and using time more wisely in getting housecare tasks done, and accomplishing some housecare jobs immediately

after work in the morning while energy is still fairly high instead of going to bed. Homemakers giving this latter organizational change indicated that it took them too long to get "warmed up" after rising from sleep in the afternoon to do much housework; and that since all family members were at home at that time, attending to their needs was more essential than housecare. Other changes desired included to have more energy and to have some kind of incentive for getting finished with housecare tasks. Most of the desired changes related to paid services and were cited for the midnight shift. For each of the work breaks over one-half of the homemakers (52% or 56%) wanted to continue caring for their houses as they had in the past.

#### Food Management

Meals away from home. Table 15 shows the total number of meals

Table 15. Meals Family Usually Eats Away from Home by Shift Schedule (N=25)

Number of Meals and Specific Meals Entire Family Eats Away from Home	Shift Schedule				
	8-4	4-12	12-8	Long Weekend	Days of Rest
Number of meals					
None	13	15	12	7	15
One	8	5	9	10	7
Two	3	2	1	3	3
Three	-	1	1	4	-
More than three	1	2	2	1	-
Specific meals					
Not applicable	13	15	12	7	15
Breakfast	-	1	1	1	-
Lunch	-	5	1	6	2
Dinner	12	5	11	15	8

and which meals homemakers and their families ate away from home, other than at work or school, during each time interval of the shift schedule. A majority ate no meals away from home when the respondents were working the day time (52%) and the 4 P.M. to midnight (60%) shifts, and during the days of rest (60%). Only four families ate all meals at home. More homemakers and their families chose to eat some meals away from home during the midnight shift (52%) and the long weekend work break (72%) than at other time intervals. The mode was one meal away from home during a work shift and work break, and that meal, dinner. One deviant family usually ate seven meals away from home during the work break because they nearly always went out of town. When more than one meal was eaten away the most frequent combination was lunch and dinner during the long weekend.

Reasons for eating some meals or no meals away from home. For a change or as a treat were the two most frequently and equally often cited reasons given for eating meals away from home by approximately 75 percent of the twenty-one homemakers whose families ate some meals away from home during the course of a shift schedule (Table 16). Other frequently and equally often mentioned reasons were a lack of time or fatigue by approximately 48 percent. Slightly more than one-half of the respondents gave one reason for eating "out;" others cited a combination of from two to four reasons with no patterning of combinations (Figure 3).

For homemakers whose families never ate meals away from home, the primary reason given was that expenses would be too great (Figure 4).

Table 16. Reasons for Family Eating Meals Away From Home Other Than at Work or School (N=21).

Reasons (multiple responses)	Number
For a change	8
As a treat	8
Pressed for time	5
Too tired	5
Do not like to cook	4
Meals are cheaper when eaten at a relative's	2
Homemaker not at home to cook certain meals	2
Short out-of-town trips on work breaks necessitates eating out	1
Often forget to thaw foods	1

Meals at home. A majority of homemakers served their families breakfast, lunch, and dinner daily during the long weekend (approximately 79%), the days of rest (84%), and the 4 P.M. to midnight shift (52%) (Table 17). Perhaps this was because the homemaker was off from work and at home to cook during the work breaks. When working the 4 P.M. to midnight shift she was off from work to cook morning and noon meals and perhaps was able to prepare evening meals before leaving for work and if not, perhaps other family members or a sitter did it. Two meals, breakfast and dinner were most likely to be served daily when the



Figure 3. Component Reasons for Family Eating Meals Away from Home Other than at Work or School (N=21) Note: Numbers in parenthesis indicate frequency.

#### One component reasons

For a change	(2)
Too tired	(2)
As a treat	(5)
Homemaker not at home to prepare certain meals	(1)
Short out-of-town trips on work breaks making eating out necessary	(1)

#### Two component reasons

For a change	Too tired	(1)
	Do not like to cook	(1)
	Pressed for time	(1)
	As a treat	(1)
Too tired	Meals are cheaper when eaten at a relative's	(1)
As a treat	Pressed for time	(1)
Pressed for time	Homemaker not at home to prepare certain meals	(1)

#### Three component reasons

For a change-Too tired-Do not like to cook	(1)
--	-----

#### Four component reasons

Do not like to cook	Pressed for time	For a change-Meals are cheaper when eaten at a relative's	(1)
		As a treat-Often forget to thaw foods	(1)



Figure 4. Component Reasons for Family Eating No Meals Away from Home Other than at Work or School (N=4) Note: Numbers in parenthesis indicate frequency.

One component reasons

Cannot afford it	(1)
No good restaurants nearby	(1)

Two component reasons

Cannot afford it	Child too young to take out to eat	(1)
	Children too much trouble to take out to eat	(1)

Table 17. Number of Meals and Specific Meals Usually Served Daily at Home by Shift Schedule (N=25)

Number of Meals and Specific Meals Usually Served Daily in the Home	Shift Schedule				Days of Rest
	8-4	4-12	12-8	Long Weekend	
Number of meals					
None	-	-	-	1	-
One	4	2	4	-	-
Two	20	10	13	5	4
Three	1	13	8	19	21
Specific meals					
Not applicable	-	-	-	1	-
Breakfast only	-	1	-	-	-
Lunch only	-	1	-	-	-
Dinner only	4	-	4	-	-
Lunch and dinner	-	1	4	-	-
Breakfast, lunch and dinner	1	13	8	19	21
Breakfast and lunch	1	6	1	2	2
Breakfast and dinner	19	3	8	3	2

respondents were working the day (80%) and the midnight (52%) shifts. Few respondents ever served only one meal; when this occurred it was always during the work periods.

Packed lunches. During all work periods lunches were packed in a majority of the homemaker's families (Table 18). On Monday during

Table 18. Number of Times Lunches are Packed, by Whom, and for Whom by Shift Schedule (N=25)

Number of Times Lunches are Packed, by Whom, and for Whom	Shift Schedule				
	8-4	4-12	12-8	Long Weekend	Days of Rest
Number of times					
None	7	9	8	20	20
Daily	12	13	11	-	5
Once	2	2	2	5	-
Twice	3	-	1	-	-
Three times	1	1	3	-	-
By whom					
Not applicable	7	9	8	20	20
Homemaker	17	15	15	4	4
Husband	1	-	1	1	1
Child	-	1	1	-	-
For whom					
Not applicable	7	9	8	20	20
Homemaker only	7	9	7	-	-
Husband only	2	2	2	3	3
Child only	-	1	1	2	2
Homemaker and child	3	2	2	-	-
Homemaker and husband	6	2	5	-	-

the long weekend, lunches were packed in the families of only five homemakers - for three husbands who worked and two children who attended nursery school; the same was true during the days of rest. Only three homemakers ever received assistance from others with this task. One husband packed his own lunch when his wife was working the midnight shift and was not at home in the morning to pack it for him; another was unemployed and always at home and packed lunches for a child during the day shift and work breaks. One child who was older than eleven years of age packed lunch for himself when the homemaker was working each of the evening shifts.

A greater number of lunches was packed for the homemaker during each of the work periods than for husband or children, and the few packed during the work breaks were always for the husband or children.

Types of meals served. Bailey's meal types cited in the definition of terms were used to classify meals served by homemakers. The larger the number of items prepared, the more complex and demanding of time is the meal.

Among all periods of the shift schedule a large majority of homemakers served a Type 1 breakfast and lunch (Table 19). During the midnight shift and each of the work break periods, a large majority served Type 3 dinners, and a smaller number, but more than one-half (approximately 58%) served Type 3 dinners during the day shift. When homemakers were working the 4 P.M. to midnight shift, families were as likely to be served Type 1 and Type 2 as Type 3 dinners.

Meal planning. Among all respondents, the time of meal planning did not vary with the shift schedule (Table 20). Slightly more than

Table 19. Types of Meals Served by Specific Meals and Shift Schedule (N=25)

Types of Meals Served	Shift Schedule														
	8-4			4-12			12-8			Long Weekend			Days of Rest		
	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner
Not served	4	23	1	2	5	8	9	12	1	1	4	3	-	3	2
Type 1	21	2	5	22	19	6	16	12	2	22	20	-	24	21	-
Type 2	-	-	5	1	1	3	-	1	-	2	1	1	1	1	1
Type 3	-	-	14	-	-	8	-	-	22	-	-	21	-	-	22

Table 20. Meal Planning When Accomplished, and by Whom by Shift Schedule (N=25)

Meal Planning	Shift Schedule				
	8-4	4-12	12-8	Long Weekend	Days of Rest
When					
Just before cooking	14	14	14	14	14
Day before or on the morning of each day	2	2	2	2	2
Plan foods needed for entire week; plan menu day before or morning before	9	9	9	9	9
By Whom					
Homemaker	24	22	23	25	25
Husband	1	1	-	-	-
Child	-	1	1	-	-
Sitter	-	1	1	-	-

one-half indicated that they performed this task just before cooking; approximately one-third said they planned foods needed on a weekly basis before grocery shopping and then planned daily menus from foods on hand.

Only a few of the homemakers had assistance from anyone. This was given by children in two cases who were thirteen or fourteen years of age. In this instance, one planned dinner during the midnight shift when the homemaker slept until just before dinner; the other planned dinner during the 4 P.M. to midnight shift when the homemaker did not have time to do it before going to work. Two husbands helped with meal

planning; one planned dinner during the 4 P.M. to midnight shift when the homemaker did not do it before going to work and the other who was unemployed planned dinner during the day shift so that the family could eat upon the homemaker's arrival home. A sitter in one case planned breakfast and dinner during the two evening shifts.

Grocery marketing practices. About one-third of the homemakers indicated that they usually did major food shopping once during each work period or on a work break following each work period, often making extra trips for minor items such as milk and bread (Table 21). Twenty-eight percent of the homemakers said they usually made just one trip. One who lived less than a block from a grocery indicated shopping daily during all time intervals except the days of rest.

Only five (20%) of the respondents had assistance from anyone else with this task. In all but one case, where children shopped with the homemaker, this assistance was given by the husband; one shopped alone while the others shopped with the homemakers (Table 21).

Eighty percent of the homemakers indicated using a market list, and 60 percent said they made use of such a list always or usually. Of those who used a list, 80 percent indicated that it was written. One-half of all respondents using a list prepared it just before shopping. Some made a list of needed items as they thought of them during the week and then composed a complete list just before shopping. The remaining few homemakers worked out a list the day before going to the grocery (Table 21).

During the course of the two evening shifts, four homemakers consistently did no shopping but waited until the days of rest following



Table 21. Grocery Marketing Practices (N=25)

Shopping Practices	Number
How often	
Daily	1
Each shift period (one trip only)	7
Each shift period with extra trips for minor items	16
As often as necessary	1
By whom	
Homemaker	20
Husband	1
Homemaker and children	1
Homemaker and husband	3
Extent of market list use	
Always	10
Usually	5
Often	1
Seldom or sometimes	4
Never	5
Whether list is mental or written	
Not applicable	5
Mental	4
Written	16
When list is prepared	
Not applicable	5
Running list kept during week; final list compiled before grocery shopping	6
Day before shopping	4
Just before shopping	10

each of the shifts, at which time they shopped in the afternoons when necessary and convenient. Those who did shop during work periods were almost equally as likely to do major shopping one afternoon or evening Wednesday through Friday (Table 22). A majority of respondents did no

Table 22. When Grocery Marketing Is Done by Shift Schedule (N=25)

When Marketing Is Done	Shift Schedule				Days of Rest
	8-4	4-12	12-8	Long Weekend	
Do not shop	8	4	4	15	21
Daily when convenient	1	1	1	1	-
Afternoons when necessary and convenient	1	1	1	-	4
Wednesday Afternoon	5	5	6	-	-
Thursday Afternoon	3	7	6	-	-
Friday Afternoon or Evening	4	5	5	-	-
Saturday Afternoon or Evening	3	2	2	9	-

shopping during the long weekend (60%) and the days of rest (84%). Those who did were, in all but two cases, homemakers who did not shop during the work periods preceding each of these work breaks. The two other cases were homemakers who either shopped daily, the time depending on the current shift or shopped every Saturday afternoon or evening regardless of the shift schedule.

Prepreparation of food. Fifteen (60%) of the homemakers indicated that they never prepared foods ahead of the time they were to be served (Table 23). Of those who did, over one-half said it was only rarely, and all but one indicated that it was done just one day in advance. When prepreparation was done, all but two homemakers

Table 23. Prepreparation of Food, How Often, How Far in Advance of Serving, and Types of Food (N=25)

Extent of Prepreparation, How Often, How Far in Advance of Serving, and Types of Foods		Number
Prepreparation		
Yes		10
No		15
How often		
Not applicable		15
Frequently		1
Occasionally		3
Very little		6
How far in advance		
Not applicable		15
One day ahead		9
One to two days ahead		1
Types of foods (multiple responses)		
Not applicable		15
Main dishes		8
Fruits		6
Vegetables		6
Desserts		6
Cookies		2

preprepared main dishes while an equal number of six did so with fruits, vegetables, and desserts.

Use of commercially prepared convenience foods. All homemakers reported using commercially prepared convenience foods, and a majority (68%) indicated using them always or usually (Table 24). Only three homemakers reported seldom using these products.

Table 24. Use of Commercially Prepared Convenience Foods (N=25)

Use of Commercially Prepared Convenience Foods	Number
Extent of use	
Always	12
Usually	5
Often	5
Seldom or sometimes	3
Types of convenience foods requiring heating or cooking used (multiple responses)	
Meats, poultry, fish	19
Vegetables, fruits	23
Soups	15
Canned biscuits or other breads	19
TV dinners	10
Desserts	9
Combinations of convenience foods used	
Two types	4
Three types	7
Four types	6
Five types	5
Six types	3
Ready to serve convenience foods used (multiple responses)	
Cakes	4
Pies	4
Rolls	9
Doughnuts	11
Loaf bread	21
Congeaed salads	1
Sandwich spreads	19
Cooked meats and meat products	18
Delicatessen items	6
Slaw	2
Potato salad	1
Types of ready mixes used (multiple responses)	
Cakes	14
Cookies	2
Bread and bread products	19
Pie Crust	3

Table 24. (Continued)

Use of Commercially Prepared Convenience Foods	Number
Types of ready mixes used (multiple responses)	
Frosting	10
Spaghetti or macaroni dinner	16
Gelatin packaged desserts	13
Other	1
Most frequent use by shift	
Not applicable	12
8-4	5
4-12	6
12-8	2
Reasons	
Not applicable	12
Do not have much time to cook on certain shifts	11
Homemaker only family member home for meals on certain shifts	1
Family members must prepare own meals on certain shifts	1

Among the food types requiring heating or cooking, vegetables and fruits were cited most frequently by twenty-three (92%) respondents; meats, poultry, and fish and canned biscuits or other breads were indicated equally often by nineteen (76%). Only 20 percent bought TV dinners; instead, the trend was to buy different types of convenience foods and to combine them for use as desired.

The most frequently used ready to serve convenience food items included loaf bread, sandwich spreads, and cooked meats and meat products, in that order by from 84 to 72 percent of the respondents.

Doughnuts and rolls followed with 44 and 36 percent naming these products.

The most popular ready mixes were bread and bread products used by 76 percent of the respondents, spaghetti or macaroni dinner used by 64 percent, cakes by 56 percent, and gelatin desserts by 52 percent.

Over one-half (52%) of the homemakers reported using commercially prepared convenience foods most often when working certain shifts. An almost equal number of five or six homemakers indicated this for the day and the 4 P.M. to midnight shifts respectively; two gave the same indication for the midnight shift. Lack of time was the reason given by practically all of the respondents for using commercial convenience foods.

Home produced baked goods. Over one-half (56%) of the homemakers reported that they did bake without the use of commercially prepared ready mixes. Cakes, yeast products, and quick products were mentioned by four or five homemakers and pies by only one (Table 25).

Table 25. Home Produced Baked Goods (N=25)

Types	Number
Not applicable	11
Yeast products	4
Quick products	4
Cakes and cookies	5
Pies	1



Meal preparation, service, and cleanup. Basically, the homemakers were responsible for preparing and serving family meals and cleaning after meals (Table 26). Sixteen (64%) were always responsible; nine (36%) homemakers had someone else assuming the responsibility for performing these tasks. This responsibility was assumed by the husband of six respondents, and one each by the children, both husband and children, and a sitter, and was usually given when the homemakers were unavailable because of working or sleeping. An exception was an unemployed husband who wanted to have dinner ready so the family could eat upon the homemaker's arrival home from work during the day shift.

Thirteen (52%) homemakers, while responsible, received help from family members on a regular basis in the form of assistance to them with meal tasks. This service was given by the husband, children, or by both husband and children. Children who gave any help were always over twelve years of age. Three homemakers gave assistance to their husbands, who had prepared and served the meals, by cleaning after the meals. These meals were breakfast and dinner during the midnight shift and dinner during the day shift. Approximately one-third of the homemakers were always totally responsible for meal tasks--no one else ever assumed responsibility or gave assistance to the homemaker.

Food management problems. Fifteen (60%) of the homemakers indicated having some difficulty with food management when working both the day and 4 P.M. to midnight shifts, and slightly less than one-half (48%) indicated this when working the midnight shift (Table 27). Only one respondent indicated problems during each of the work breaks. Seven (28) respondents consistently indicated they never had problems.

Table 26. Persons Usually Responsible for and Assisting with Meal Preparation, Service, and Cleanup by Shift Schedule and Specific Meals (N=25)

Persons Usually			Shift Schedule														
Responsible			8-4			4-12			12-8			Long			Days of		
and												Weekend			Rest		
Assisting			Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner
Persons responsible																	
Not applicable (meal not served)			4	-	1	2	5	7	8	12	1	-	3	2	-	2	2
Homemaker			19	-	23	23	20	13	9	12	23	25	22	23	25	23	23
Husband			1	2	1	-	-	2	6	1	-	-	-	-	-	-	-
Children			1	-	-	-	-	2	1	-	1	-	-	-	-	-	-
Sitter			-	-	-	-	-	1	1	-	-	-	-	-	-	-	-
Usually no one home			-	23	-	-	-	-	-	-	-	-	-	-	-	-	-
Persons assisting																	
Not applicable (meal not served)			18	2	16	21	24	19	17	25	18	21	20	20	21	20	19
Homemaker			-	-	1	-	-	1	2	-	-	-	-	-	-	-	-
Husband			4	-	4	1	1	4	3	-	5	1	2	2	1	2	3
Children			3	-	4	3	-	1	3	-	2	3	3	3	3	3	3
Usually no one home			-	23	-	-	-	-	-	-	-	-	-	-	-	-	-

Table 27. Problems, Satisfactions, and Desired Changes Relating to Meal Management by Shift Schedule (N=25)

Problems, Satisfactions, and Desired Changes	Shift Schedule				
	8-4	4-12	12-8	Long Weekend	Days of Rest
<b>Problems</b> (multiple responses)					
None	10	10	13	24	24
Fatigue	1	-	8	-	-
Time pressures	11	12	1	-	-
Organization	3	2	4	1	1
Other	1	1	2	-	-
<b>Satisfactions</b>					
Always	6	6	9	14	14
Usually	13	9	12	10	10
Often	4	4	3	1	1
Seldom or sometimes	2	5	1	-	-
Never	-	1	-	-	-
<b>Desired changes</b> (multiple responses)					
None	15	13	16	20	13
Have more time to prepare meals	2	-	-	-	-
Organization	4	6	5	2	2
Procedure	1	1	1	-	-
Equipment	1	1	1	1	4
Acquire paid help	2	3	2	-	-
Have assistance from family	1	1	1	1	6
Have more nutritious breakfasts	-	-	1	-	-
Convince husband to eat convenience foods	1	-	-	-	-
Have family members eat dinner that is left for them instead of leaving it for less nutritious snacks	-	1	-	-	-

Time pressures was the major problem cited for all but the midnight work periods. A majority of the homemakers were concerned that they did not have enough time in the mornings and evenings when working the day shift to cook much other than quickly prepared foods for breakfast and dinner. Others indicated this same feeling and said their families were also too hungry to wait for better but more time consuming meals to be prepared, especially in the evenings. When working the 4 P.M. to midnight shift, some homemakers indicated their time pressure problems were a lack of time for preparing the evening meal before going to work as well as getting themselves ready for work. Those who ate dinner at home before going to work said that it was really too early to eat the evening meal. A majority (60%) of the homemakers had food management problems when working both the day and 4 P.M. to midnight shifts, and as already discussed, the greatest problem during these time intervals was related to a lack of time.

Food management satisfactions. A majority of the respondents (60-96%) indicated being either always or usually satisfied with the way in which they were providing their families with food during all work and work break periods (Table 27). The homemakers who were only often satisfied also felt either time pressures or organization problems or had a problem with remembering to thaw foods for evening meals. The highest incidence of the seldom or sometimes responses occurred during the 4 P.M. to midnight shift with five homemakers reporting this. All but one of these experienced time pressure problems when working this shift; the other respondent had difficulty getting her family to eat what she left for their evening meal. Only

one homemaker indicated being never satisfied and this was during the 4 P.M. to midnight shift when she often overslept and did not have time to cook dinner before going to work.

Desired changes in food management. Nine (36%) homemakers consistently indicated that they wanted to make no changes in their food management practices. Among time intervals of the shift schedule this same feeling was indicated by 52 percent of the respondents during the 4 P.M. to midnight shift and days of rest work breaks, by 60 percent during the day shift, by 64 percent during the midnight shift, and by 80 percent during the long weekend work break (Table 27).

Changes related to organization were those most frequently cited and appeared among all periods except the days of rest. For the day shift these desired changes were to serve a later dinner making possible rest after work for the homemaker; to cook foods ahead of time for the evening meal so that little preparation would be necessary after arriving home from work; and to remember to thaw foods ahead of time to be used in the evening meal. Changes desired in organization when working the 4 P.M. to midnight shift were to be better organized in general in serving good evening meals and to finish dinner earlier before going to work so that the kitchen could be left in order. For the midnight shift, desired changes were not to break up sleep periods to cook lunch and dinner; to get the proper sleep so that meal preparation would not be a problem; to cook part of the evening meal in the morning after work before going to sleep; and to have an earlier dinner so that rushing to get ready for work would not be



necessary. The desired changes in organization mentioned by the respondents for the long weekend were either to manage to eat "out" occasionally or to not eat "out" as frequently. Twelve respondents, almost one-half, wanted to make changes in their food management practices during the 4 P.M. to midnight shift and the days of rest work breaks. Changes wanted for the shift were most likely to be related to organization, and for the work break, to having assistance from family members with food management, namely husbands.

#### Leisure, Church, Community, and Family Activities

Participation in leisure activities. Among all periods of the shift schedule, with the exception of the days of rest, the most popular leisure activities were those classified as passive recreation (Table 28). For the day shift, these activities included watching television, reading, attending movies, and attending sports events. When working the 4 P.M. to midnight shift, homemakers reported watching television, reading, and working crossword puzzles. Watching television, reading, and attending movies were passive recreational activities reported while on the midnight shift, and the same activities were indicated for the long weekend work break. The types of leisure activities in which homemakers took part seemed to be related to their current shift schedule hours. For example, none of the homemakers reported attending movies when working the 4 P.M. to midnight shift, probably because they were either sleeping or attending to routine home and family tasks during the day and working for their employer during the evening hours.



Table 28. Participation in Leisure, Church, Community, and Family Activities by Shift Schedule (N=25)

Activities (multiple responses)	Shift Schedule				Days of
	8-4	4-12	12-8	Long Weekend	Rest
Leisure					
None	6	16	10	3	10
Recreation-social	5	3	5	5	10
Recreation-active	8	-	4	6	-
Recreation-passive	13	6	8	14	6
Productive	2	-	1	1	-
Travel	-	-	-	4	-
Shopping	-	1	-	-	-
Church					
None	20	9	18	6	23
Church attendance	1	16	6	19	-
Participation in church organizations	4	1	2	1	2
Participation in religious oriented groups	-	-	1	1	-
Community					
None	23	24	24	25	25
Education-oriented activity	1	-	-	-	-
Volunteer protective services-oriented activity	2	1	1	-	-
Family					
None	17	18	20	7	14
Social	2	-	1	1	-
Recreation-active	1	1	1	2	1
Recreation-passive	4	1	-	-	-
Travel	2	1	2	8	3
Specific activity with children	-	3	1	7	4
Church	-	2	2	4	-
Shopping	-	-	-	3	5
Other	-	-	-	-	-

There was minimal participation in social and productive activities, active recreation, travel, and shopping. These respondents seldom or never visited with family and friends, played cards, danced, bowled, went fishing, attended classes, sewed, took short vacation trips or pleasure rides.

The greatest number of respondents, twenty two (88%), participated in leisure activities during the long weekend, probably because there were no away-from-home work hours to interfere. Of these homemakers, twelve (approximately 54.5%), reported passive, active, and social recreation, in that order of incidence. Fewer homemakers, only nine (36%), were leisurely during the 4 P.M. to midnight shift, probably because, as mentioned previously, they were working at night and too busy during the daylight hours with necessary activities pertaining to the home and family. Only two homemakers reported never doing anything for leisure; both indicated a lack of time and energy to do anything but what was necessary.

Participation in church activities. The primary religious activity was attending Sunday church services. Other activities engaged in by only five (20%) homemakers included belonging to church organizations such as circle groups, and religious-oriented organizations such as the Eastern Star. Six (24%) homemakers reported never participating in any type of church activity. More homemakers (76%) attended Sunday church services during the long weekend, and when working the 4 P.M. to midnight shift (64%); the reason probably was that work hours did not interfere (Table 28). It was not possible to attend church during the days of rest since these days never fell on Sunday.

Participation in community activities. Only two homemakers participated in any type of community activity, and these activities were the PTA and Volunteer Firemen Ladies Auxiliary (Table 28).

Participation in family activities. Five (20%) homemakers indicated they never did anything special with their families. The majority (72%) reported family activities for the long weekend at which time eight homemakers, said they either went on short vacation trips or took pleasure car rides, and seven reported engaging in a specific activity with their children such as taking them to the park or zoo (Table 28). The least family activity participation was indicated when the homemakers were working the midnight shift; probably because they were either sleeping, involved in routine homemaking tasks, or preparing to go to work during the hours when other family members might be available for family activity.

Activities influenced by shift schedule. Respondents were asked if they felt that their participation in leisure, church, community, and family activities was influenced by working a rotating shift schedule. Eighty percent remarked that working such a schedule did have adverse effects on activities in which they participated; church activities (45%) and community activities (35%) were most frequently cited. Others in order of lessened incidence were family activities, social activities, and educational activities (Table 29).

Satisfactions with time spent in leisure, church, and community activities. During all work periods, more homemakers indicated satisfaction as never to often than expressed satisfaction to greater

Table 29. Activities Which are Influenced by Shift Schedule (N=25)

Activity (multiple responses)	Number
None	5
Church	9
Community	7
Social	4
Family	5
Educational	1

degrees (Table 30). Among homemakers who expressed the lesser degrees of satisfaction with leisure, church, and community activities during work shifts, highest incidence was during the 4 P.M. to midnight shift. During each of the work breaks all but four respondents were either usually or always satisfied with their discretionary time uses.

Satisfactions with time spent with children. For each time interval, eight (32%) homemakers consistently indicated being always or usually satisfied with the time they were spending with their children, while three (12%) said they seldom, sometimes, or never were and indicated that working caused them to have to neglect their children. A majority of the homemakers reported being either always or usually satisfied at all times except when working the 4 P.M. to midnight shift (Table 30). Highest incidence (88%) was during both of the work breaks. Homemakers who expressed the lesser degrees of satisfaction with time spent with children did so particularly when

Table 30. Satisfaction with Time Spent in Leisure, Church, and Community Activities, and with Children and Husband by Shift Schedule (N=25)

Satisfactions	Shift Schedule				
	8-4	4-12	12-8	Long Weekend	Days of Rest
Time spent at leisure, church, and community activities					
Always	1	1	2	10	9
Usually	11	7	9	11	12
Often	2	4	3	-	-
Seldom or sometimes	7	7	6	3	3
Never	4	6	5	1	1
Time spent with children					
Always	4	2	4	16	16
Usually	13	10	11	6	6
Often	-	4	2	2	-
Seldom or sometimes	8	5	7	1	2
Never	-	4	1	-	1
Time spent with husband					
Always	8	4	5	14	14
Usually	9	4	5	4	4
Often	-	4	4	-	-
Seldom or sometimes	8	12	11	7	7
Never	-	1	-	-	-

working the 4 P.M. to midnight shift. Those with young children may have needed to sleep or were too busy with routine tasks during the day, before going to work, to spend much time with their children. Those with school age children may have felt dissatisfaction since



they probably saw their children only briefly each day, this being before they left for school only, because the homemakers would be at work when the children returned.

Satisfactions with time spent with husband. A majority of homemakers reported being always or usually satisfied with the time they had for companionship with their husbands during the day shift (68%) and each of the work breaks (72%) (Table 30). The highest incidence of lesser satisfaction responses occurred for the 4 P.M. to midnight shift (64%) when homemakers probably saw their husbands in the morning only before they left for work and during the midnight shift (60%) when they may not yet have adjusted to spending these hours away from their husbands. Among all periods, five respondents indicated consistently being always or usually satisfied while seven reported being seldom or sometimes pleased with the time they were able to spend with their husbands.

#### Comments Relative to Expressed Degree of Satisfaction

Each homemaker was asked why she held her own particular degree of satisfaction with time spent at leisure, church, and community activities, with time spent with children, and with time spent with husband. For each of the three categories, six homemakers had no comment indicating, perhaps, that they were unaware of why they felt the way they did, or that they did not want to express their feelings openly to a stranger, or that they had accepted their situation as it was and had no thoughts for comment. Of those who did respond to the question, a greater number in each category responded with negative



comments (Table 31). Concerning leisure, church, and community activities, thirteen homemakers (approximately 68%) indicated they could not participate in many activities because often the work schedule hours interfered. One homemaker said she did not have time for anything but work, rest, and routine home and family responsibilities. Regarding time spent with children, fourteen (approximately 74%) indicated they would like to be able to spend more time with their children but that often work hours interfered or that often they needed to be doing something else during the off hours or days. One respondent reported that she felt she neglected her children. For time spent with husband, a total of eleven homemakers (approximately 58%) gave negative comments with six saying that work schedule and home responsibilities made it difficult to spend time with husband and five saying they worked the same shift as their husband but rarely had time to spend together leisurely. All of these negative comments could explain, in part, why so few homemakers were consistently satisfied with their own situations concerning time spent in leisure, church, community, and family activities. They could also be indicative of a time problem concerning the same.

#### Work Simplification Practices

When asked if there were any practices or habits which had been found to be helpful in conserving time and energy, more than one-half of the respondents said they could not think of any (Table 32). Others were aware of using such practices. Among the latter, the highest incidence, seven (54%), was for organizational practices - thaw foods

Table 31. Comments Relative to Expressed Degree of Satisfaction Concerning Participation in Leisure, Church, and Community Activities and Time Spent with Children and Husband (N=25)

Comments	Number
Leisure, Church, and Community activities	
No comment	6
Cannot participate in all activities desired due to rotating shifts	13
Do not have time for any activities outside of work, rest, and routine home and family responsibilities	1
Satisfied with participation in everything except church attendance	4
Did not participate in many activities before being employed on rotating shifts	1
Time Spent with children	
No comment	6
Would like to be able to spend more time with children	14
Time is always taken to spend with children regardless of shift schedule	4
Feel that children are neglected	1
Time spent with husband	
No comment	6
Work schedule and home responsibilities make it difficult to spend time with husband	6
Often home at the same hours and can spend this time together	6
Work same shift together but rarely have time to spend together leisurely	5
Other	2

Table 32. Practices Used to Help Conserve Time and Energy in Homemaking (N=25)

Practices (multiple responses)	Number
None	13
Organization	7
Procedure	3
Personal resources	1
Control	1
Assistance from others	2
Equipment	2

ahead so they may be cooked when needed, combine laundering and ironing with cooking meals, combine laundering at the laundromat with shopping and paying bills, combine housecleaning with cooking meals, and make a written schedule of activities to be accomplished. Other techniques reported were related to: 1) procedure - sort and pre-treat laundry items the day before laundering, get most foods out and ready for use before starting to prepare meals, wash dishes once each day, do all housework on one day, lay out clothing to be worn the next day before going to bed; 2) assistance from others - children; 3) equipment - have clothes hampers in each bedroom and use automatic clothes dryer; 4) personal resources - have incentive for getting jobs accomplished; 5) and control - make a concentrated effort not to get behind in doing tasks that must be done.

Advantages of Working a Straight Day and Rotating Shift Schedule

Straight day shift schedule. Homemakers were asked what they thought would be some advantages, if any, of having work hours during the daytime only. Free multiple responses indicated that 20 percent could see no advantages (Table 33). Fifty-two percent cited benefits associated with more satisfactory family relations - children, knowing that parents would be with them at the same time each day, would probably be more emotionally stable; would have weekends to spend with family and to attend church with family on a regular basis; would be home with family each night; and would have more time for family activities. Thirty-six percent responded with advantages related to routine - instead of changing weekly as is necessary with shifts, could develop a set plan and schedule for routine home and family tasks and other activities, become accustomed to it, improve it, and eventually

Table 33. Perceived Advantages of Working a Straight Day Shift Schedule as Reported by Free Responses and by a Check List (N=25)

Perceived Advantages (multiple responses)	Free Response	Check List
None	5	-
Develop routine	9	-
More home production possible	6	-
More satisfactory family relations	13	19
Better community relations	3	23
Improved personal development and satisfaction	6	14

accomplish more in a shorter period of time; sleeping and eating could be done at regular hours; and could have weekends to accomplish house work on a regular basis. An equal number, 24 percent, gave responses related to more home productivity - would be able to get more done at home such as cooking, sewing, and housecleaning; and personal satisfaction and development - would be able to participate in adult education programs, would have weekends toward which to look forward, and would have more time to participate in personal activities. Only three homemakers mentioned advantages concerning better community relations, and these were associated with time for church attendance on a regular basis and time for participation in community functions; these homemakers were not among the few who reported participating in community activities.

In response to a check list incorporating perceived advantages associated with more satisfactory family relations, better community relations, and improved personal development and satisfaction, all homemakers cited one or more advantages, some repeating advantages they had given earlier when responding freely. However, a greater number of homemakers gave responses in each of the check list categories than they indicated without suggestion (Table 33). Incidence of responses were: better community relationships (92%), more satisfactory family relationships (76%), and improved personal development and satisfaction (56%).

Rotating shift schedule. When asked to relate to their own personal experiences and to name some, if any, advantages of working



a rotating shift schedule, the largest number of homemakers, eleven (44%), said that shopping, business, and medical needs could be attended to more conveniently, explaining that they could shop during the week and avoid the weekend crowds and picked over sale merchandise, and that they could do banking and make business and medical appointments during the week when banks, businesses, and doctors' offices are normally open instead of having to take off from work or wait until vacations (Table 34). Other often mentioned benefits were that higher wages are paid shift workers and that more daylight hours are available for accomplishing housework.

Table 34. Expressed Advantages of Working a Rotating Shift Schedule (N=25)

Advantages (multiple responses)	Number
None	3
Shopping, business, and medical needs better met	11
Economic	8
Organization	6
Leisure	2
Other	4

#### Shift Related to Homemaking Tasks Left Undone

When respondents were asked during which shift more homemaking tasks were left undone, 40 percent named the day shift and approximately 30 percent indicated the 4 P.M. to midnight and the midnight shifts (Table 35). Practically all of these homemakers indicated the reason



Table 35. Shift During Which Homemaking Tasks Are Left Undone (N=25)

Shift	Number
8-4	10
4-12	7
12-8	8

tasks were left undone was that the work day at home was too short, with just enough time to attend to essential needs of family (Table 36).

Table 36. Reasons for Leaving Homemaking Tasks Undone by Shift Schedule (N=25)

Reasons (multiple responses)	Shift Schedule		
	8-4	4-12	12-8
Not applicable	14	18	17
Home work day too short with just enough time to attend to essential needs of family	10	5	7
Too tired after work to accomplish anything except necessary tasks	3	2	1
Often oversleep	-	1	2

## CHAPTER V

## SUMMARY, INTERPRETATIONS, AND RECOMMENDATIONS

Summary

Introduction. More women than ever before are now employed in the United States labor force and three out of five of these women are married. Modern technology has made it more convenient for today's woman to seek employment for pay outside the home. However, studies have shown that homemakers also have their own personal reasons for the decision to combine homemaking with wage earning; foremost among these is to have an increased family income.

Time and energy demands may be more excessive upon employed than upon non-employed homemakers, and if so, those employed may feel a need to use home management practices which will aid them in competently discharging their roles of homemaker and wage earner. Homemakers in and nearby Wilmington, North Carolina, who work three rotating shifts during a period of four weeks are expected to have an even greater need for using home management practices which will allow them to adjust easily and adequately with each change of shift. Professional home economists in this specific geographic area can help educate these homemakers for making satisfactory adjustments; however, home economists first have current information regarding the home management practices,

problems, and satisfactions of these homemakers peculiar to shift employment, in order to help them.

Purposes. The purposes of this study were (1) to ascertain home management practices and adjustments homemakers make on each rotating shift, the days of rest, and the long weekend with respect to the specific areas of general home management, economic costs imposed by working rotating shifts, child care, laundry and clothing care, house care, food management, and leisure, church, community, and family activities, (2) to identify problems in home management practices imposed by rotating shift work as recognized by homemakers, (3) to determine the satisfaction of homemakers with home management practices when on different shifts, the long weekend, and the days of rest, (4) to identify changes homemakers would like to make in home management practices during each time interval of the shift schedule, and (5) to compare home management practices, problems, satisfactions and changes desired by homemakers that are peculiar to each shift, the long weekend and the days of rest.

Procedure. The study was limited to twenty-five women who were employed fulltime on rotating shifts in a textile factory in Wilmington, North Carolina, were married with preschool and/or school age child or children and living at home with husband, had no other adult residing with the family, and agreed to be interviewed.

Data obtained from interviews were tabulated and summarized. Frequency counts and percentages were used in presenting results.

Description of families. The families were generally small and young. The mode was one child ranging in age from less than 3 years to

6 years; homemaker 25 years of age or under, married from 1 to 5 years; husband employed; and high school education. A majority of the homemakers had been employed for wages from two to five years but on a rotating shift schedule for less than one year; they intended to remain in the labor force as long as possible. Consistent with findings of other studies, all homemakers cited a desire to have a greater income as one reason for their employment; this was the primary objective for 75 percent. Total family income was \$13,000 or over for 40 percent of the homemakers. All but two respondents indicated by free response that if they left the labor force adjustments in the family's financial plans would be necessary, both for the present and future. Most frequently mentioned adjustments were to spend less for unnecessary items and to use up the family's savings. In response to a checklist, all respondents reported that some change would be necessary in family financial activity, should they leave the labor force. Most frequently mentioned adjustments were to do without or spend less for vacations and to replace durable goods less frequently.

Change in household operations and family care. A majority of of respondents indicated that cost for household operations and/or family care varied among the work shifts. Each of these homemakers indicated both a higher cost and lower cost shift period. The day shift was most frequently mentioned as higher in cost, associated with larger expenditures for food-at-home, whereas, the 4 P.M. to midnight shift was cited as lower in cost due to lessened child care expenses.

General home management. Most of the homemakers evidenced some form of planning for activities in which they and their families were

involved. Sixty percent planned to the extent of knowing what activities were to be accomplished, assigning priorities, and setting time limits for the most important ones. Detailed time planning was generally lacking. Eighty percent made some effort to control their plans for accomplishing activities. All but one of these homemakers indicated using mental means of control such as not starting too many jobs at once and making mental notes to aid in remembering activities to be accomplished. Original plans were most likely to be adjusted while respondents worked the 4 P.M. to midnight shift and least likely to need adjustment over the long weekend work break. A majority of the homemakers indicated that if their activities could not be finished at the time planned, they were accomplished at a later time, usually as soon as possible or the next day. Normally the homemaker received no assistance with this unless task completion was urgent, in which case, other family members or relatives gave assistance.

Child care. Even though all of the homemakers with preschool children found it necessary to make some routine adjustments in the arrangements they provided for the care of their children at one time or another, either while working a certain shift, going from one shift to another, or on a day of rest, a majority indicated that they never had difficulties and none cited a problem for the work break periods. Generally, respondents reporting problems related them to trying to sleep while children were at home during the daylight hours following a night shift and to disturbing the children's sleep when taking them to or from a sitter's home late at night before or after work. All of



these respondents used the services of outside sitters when working the day shift. More than one-half depended on their husbands to keep the children when they worked the 4 P.M. to midnight and the midnight shifts. During the daylight hours following both the 4 P.M. to midnight and midnight to 8 A.M. shifts and the days of rest, a majority of the homemakers with preschool children kept them at home with them. On the long weekend all homemakers had this arrangement. Child care arrangements for school age children was necessary during the evening and early morning shifts only, and in a majority of cases, the husbands were responsible. None of the homemakers reported any problems concerning child care arrangements for their school age children. In no instance was a preschool or school age child left alone during a work period. When outside sitters cared for preschool or school age children, they were usually paid, and the children were usually kept at a location other than their own homes. In the event that their usual sitter arrangements for child care were not possible, most of the homemakers with young children said they would ask a relative to keep their children, and those with older children indicated they would ask a neighbor, a relative, or the children themselves to be responsible. By and large, the respondents were always or usually satisfied during each of the work periods and work breaks with arrangements they had for child care. Approximately 60 percent of all homemakers indicated no desire to make changes in their present child care situations during the work periods, and a higher proportion indicated this same feeling for the work breaks. Changes cited were usually for the day shift and



were most likely to be related to having a sitter keep children in the homemaker's home during the work hours.

Laundry and clothing care. In almost all cases the homemaker alone was responsible for doing the family laundry, and it was usually done at home. Some washing and ironing was done during each of the work shifts and the long weekend but rarely during the days of rest. The trend was to wash on a regular day(s) at a regular time of the day more than once during the three work periods and only once during the work breaks. A majority of homemakers indicated ironing as often as necessary during the work periods but only once during the work breaks. No particular schedule for ironing was indicated except on the days of rest when the few who ironed then did so at routine times. The performance of several miscellaneous clothing care tasks was indicated by the respondents, among which, pressing and polishing shoes were mentioned most often. With the exception of polishing shoes, the homemaker was usually responsible for performing all miscellaneous clothing care tasks. Generally, homemakers indicated that they experienced no problems in caring for the family clothing at any time during the shift schedule. Those who did indicate difficulties were most likely to report problems for the midnight shift when fatigue interfered with clothing care. Among all other periods of the shift schedule, time pressures was the major problem. Among the various time intervals, a majority of the respondents indicated they were either always or usually satisfied with their present laundry and clothing care situations, and over one-half consistently held this degree of satisfaction. Changes desired usually

were for the day shift period and related to equipment, procedure, organization, and paid services.

Care of home. The mode for care of the home during each of the work periods and the days of rest was by straightening or picking up daily and by straightening daily plus cleaning thoroughly once during the long weekend. Sixty percent of the homemakers were totally responsible for performing all housecare tasks studied. The others received some assistance from a sitter, and husband or children, or both. Children gave assistance with a greater number of housecare tasks than anyone else. Homemakers usually received assistance with housecare tasks during the work periods only. Exceptions were pet care, yard work, and cleaning the bathtub, for which help was received at all times or when necessary. Modal frequency for housecleaning tasks follows: vacuuming, cleaning kitchen floor and bathroom - equally often during each time interval of the shift schedule; dry mopping or sweeping, making beds, and pet care - equally often, daily and during each time interval of the shift schedule; dusting and cleaning bathtub - one to three times during the work periods; changing beds - once during the work periods and the long weekend work break; miscellaneous others such as cleaning oven and refrigerator and washing walls - once, during the work breaks only; and yard care, once or occasionally, during the work breaks only. Homemakers were more likely to have problems with accomplishing their housecare tasks during each of the work periods than during the work break periods. A larger number of difficulties were reported for the day shift when time pressures was a major problem and the midnight shift when fatigue was the greatest hindrance to

accomplishing housework. Time pressure problems were the most often cited difficulties for every period of the shift schedule except the midnight to 8 A.M. interval. A majority of the homemakers expressed a desire to make some changes during the course of a shift schedule, particularly during the midnight shift. These changes were related to equipment, paid services, organization, and incentives; those related to paid services were mentioned most frequently.

Food management. Most of the homemakers and their families ate some meals away from home. They were more likely to do so during the midnight shift and the long weekend work break than at other time intervals. The trend was to eat one dinner away from home during a work shift and a work break regardless of the time interval. The most frequently stated reasons were for a change or as a treat. The few homemakers whose families never ate "out" indicated that expenses would be too great. A majority of the respondents served their families breakfast, lunch and dinner daily during the 4 P.M. to midnight shift and each of the work break periods. For each of the other periods, two meals daily, breakfast and dinner were most likely to be served. Lunches were packed in a majority of the families. They were more likely to be packed during all work periods than work breaks and most likely by homemakers for homemakers. Respondents were most likely to serve their families a Type 1 breakfast and lunch regardless of the shift schedule and a Type 3 dinner for all periods except when working the 4 P.M. to midnight shift at which time they were just as likely to serve a Type 1 or 2 as a Type 3 dinner. Regardless of the time interval,

the task of meal planning was almost always done by the homemakers with no assistance, and it was usually done just before cooking. Major shopping for food was most likely to be accomplished once each shift period with additional trips for minor items. A majority of the homemakers were responsible for this task. More than one-half always or usually used a written shopping list which was normally prepared just prior to shopping. The respondents were more likely to shop during the work periods than during the work breaks and were almost equally as likely to do major shopping one afternoon or evening Wednesday through Friday. More than one-half of the homemakers indicated that they never prepared foods ahead of the time they were to be served. Sixty percent indicated always or usually using commercially prepared convenience foods. More than one-half of the homemakers indicated the use of commercially prepared convenience foods more often when working certain shifts, and almost all of these respondents reported a lack of time to cook as the reason. The 8 A.M. to 4 P.M. and 4 P.M. to midnight shifts were the time intervals most often cited. Slightly more than one-half of the homemakers produced home baked products. More than 60 percent were always responsible for meal preparation, service, and cleanup tasks. The husband, children, and a sitter, among which the husband was the most likely, assumed this responsibility in the remaining cases when the homemaker was unavailable because of working or sleeping. Slightly more than one-half of the respondents, even though responsible for meal tasks, received some assistance regularly from other family members, most likely the husband. Seventy-two percent of the homemakers reported having food management problems at one time or other during the

work shift periods, but only one cited any difficulties during the work break periods. A greater number (60%) indicated problems for both the day and 4 P.M. to midnight shifts. Time pressures was the major problem cited for all but the midnight shift, at which time fatigue interfered the most. During all time intervals, a majority of the respondents indicated being either always or usually satisfied with the way in which they were presently handling their family food management situations. When desired changes were cited, they were most frequently related to organization for all periods except the days of rest when more homemakers wanted assistance from family members.

Leisure, church, community, and family activities. Leisure activities categorized as passive recreation were the most popular for the respondents among all periods of the shift schedule except the days of rest when social activities were most frequently cited. Homemakers were most likely to be leisurely during the long weekend work break and least likely to be so during the 4 P.M. to midnight shift. The primary religious activity was attending Sunday church services; respondents were most likely to be engaged in this activity during the long weekend and the 4 P.M. to midnight shift than at other times. By and large the homemakers reported no participation in community activities. They were most likely to participate in family activities during the long weekend and least likely to during the midnight shift; travel and specific activities with children were most frequently mentioned. A majority of the respondents indicated that



working a rotating shift schedule did have adverse effects on their participation in leisure, church, community, and family activities, particularly church and community. Homemakers were more likely during the work periods, especially the 4 P.M. to midnight shift, than during the work breaks to express lesser degrees of satisfaction with their time spent in leisure, church, and community functions. For all but the 4 P.M. to midnight shift time interval, a majority of the respondents indicated greater degrees of satisfaction with time spent with their children. Yet, when asked to make any other comments related to this degree of satisfaction, over one-half indicated a desire to spend more time with their children and indicated that work hours or other necessary activities often interfered. Homemakers were more likely during the work periods, especially the evening and early morning shifts, than during the work breaks to have lesser degrees of satisfaction with time spent with their husbands.

Work simplification practices. More than one-half of the respondents indicated a non-awareness of any practices which had been found to be helpful in conserving their time and energy. Among those who reported such practices, the highest incidence was for techniques related to organization.

Recurring problems and desired changes. Essentially, the homemakers were responsible for performing most homemaking tasks with occasional help from other persons. The most frequently recurring problems reported by the respondents were related to time pressures, common to all except the midnight shift intervals, and fatigue, common



to the midnight shift. Generally, the homemakers were most likely to experience difficulties when working the midnight shift or the day shift and were most likely to want to make changes in their practices when working the day shift.

Shift related to homemaking tasks left undone. A majority of the respondents named the day shift as the time interval during which they found it necessary to leave more homemaking tasks unfinished. For each shift indicated, homemakers in general indicated the reason was that the work day at home was too short.

Advantages of working a straight day and rotating shift schedule. Free multiple responses indicated that a majority of the homemakers could see certain advantages of having work hours during the day time only, particularly more satisfactory family relations. In response to a check list incorporating certain projected advantages of working a day schedule only, all homemakers indicated one or more advantages; 92 percent thought that better community relationships would be possible. When asked if there were any advantages to working a rotating shift schedule, a majority of the homemakers responded positively with a greater number answering that shopping, business, and medical needs and appointments could be better met.

#### Interpretations

Results and interpretations are applicable only for the respondents studied. Interpretations of findings indicate that in general home management practices, problems, satisfactions, and desired

changes were not greatly influenced by the shift schedule. The findings of this study seem to corroborate the interpretations of Kathryn Walker's research (25) that homemakers accept employment when it is convenient to work away from home; i.e., children are in school or child care is adequate. The results of both studies seem to imply that the advantages of being employed for wages away from home outweigh the inconveniences. However, it is recognized that the time required for the interview in this study may have been too long for respondents to remain interested in giving complete, accurate responses. There also may have been some inaccuracies in the respondents' recollections of home management practices, problems, satisfactions, and desired changes, especially for shifts other than that at the time of the interview. Findings of the study indicate:

1. Homemakers were likely to make some adjustments in their home management practices during various time intervals of the shift schedule.
2. With the exception of child care, homemakers were solely responsible for the accomplishment of all homemaking tasks although they occasionally had very limited assistance from others, mainly family members.
3. Managerial problems which varied with the time interval of the shift schedule were experienced primarily in housecare and food management.
4. A high degree of satisfaction with home management practices existed among homemakers regardless of the time interval of the shift schedule except for time spent in leisure, church, and community activities and time spent with husband.

5. Desired changes in homemaking practices which varied with the time interval of the shift schedule were principally in laundry and clothing care, housecare, and food management.

6. In combining their roles of homemaker and wage earner with rotating shift work hours, respondents seemed to be coping successfully with their situations, by accepting any problems and/or dissatisfactions and adjusting to them as they deemed it necessary.

#### Recommendations

Based on the results of this investigation, it is recommended that similar research be conducted on a larger population to include not only married mothers but divorced and widowed mothers as well. It is suggested that this research attempt to quantify or indicate (1) the extent to which these homemakers make adjustments in their home management practices, (2) the extent to which they experience difficulties and dissatisfactions with their practices during each time interval of the shift schedule, and (3) whether or not the split shift schedule has a significant bearing on the home management problems, practices, and satisfactions of homemakers working it.

It is further recommended that the results of this and future studies be used on a professional level to develop educational programs and literature to help meet the needs of this special group for learning to more successfully combine homemaking with employment for wages away from home.



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## APPENDIXES

October 19, 1971

My name is Sarah Chisholm. I am a graduate student at the University of North Carolina at Greensboro and am working on a Master's degree in Home Economics.

In order that I might receive this degree, I must conduct a study on a topic of my choice and write a thesis reporting the findings. I am interested in studying the home management practices of mothers of preschool and/or grade school children who are working continuous rotating shifts (seven days a week around the clock). To my knowledge, the company for whom you work is the only company in the area with such a rotating shift arrangement.

#### APPENDIX A

Many studies have been done regarding the home management practices of the working mother in general, but none has been done concerning the mother working a rotating shift schedule. I will be most grateful to you if you can help me in conducting my study by granting me approximately forty-five minutes of your time at your convenience for an interview. If you would like to participate in this study, please indicate below your name, address, telephone number, and shift below. You will be contacted later for an appointment.

Thanking you, I am

Sincerely,

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

Shift \_\_\_\_\_

October 19, 1971

My name is Sarah Chisenhall. I am a graduate student at the University of North Carolina at Greensboro and am working on a Master's degree in Home Economics.

In order that I might receive this degree, I must conduct a study on a topic of my choice and write a thesis reporting the findings. I am interested in studying the home management practices of mothers of preschool and/or grade school children who are working continuous rotating shifts (seven days a week around the clock). To my knowledge, the concern for whom you work is the only company in the area with such a rotating shift arrangement.

Many studies have been done regarding the home management practices of the working mother in general, but none has been done concerning the mother working a rotating shift schedule. I will be most grateful to you if you can help me in conducting my study by granting me approximately forty-five minutes of your time at your convenience for an interview. If you would like to participate in this study, please indicate below your name, address, telephone number, and shift letter. You will be contacted later for an appointment.

Thanking you, I am

Sincerely,

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

Shift \_\_\_\_\_

## APPENDIX B

Interview Number \_\_\_\_\_

Interview Schedule

I. General Family Information

First, tell me something about yourself and your family.

A. Children

1. How many children do you have? \_\_\_\_\_
2. How old are your children? \_\_\_\_\_

B. Homemaker

1. In the following age categories, tell me the letter of your age group. (Card 1) \_\_\_\_\_
2. Which letter indicates the highest grade level you completed in school? Card 2) \_\_\_\_\_
3. Employment
  - a. How long have you been employed for wages? \_\_\_\_\_
  - b. How long have you been employed for wages on shift work? \_\_\_\_\_
  - c. How long do you intend to work for wages? \_\_\_\_\_
4. How many years have you been married? \_\_\_\_\_

C. Husband

1. Regarding your husband's employment, which letter indicates his status? (Card 3) \_\_\_\_\_
2. What is your husband's job (if employed)?

II. General Information Regarding Employment Outside the Home

A. Reasons for working outside the home

1. Aside from the fact that your particular services are needed by this industry for which you work, what are your real personal reasons for working outside the home?
  - a. Free response -



- b. Check list response--Could any other of these reasons describe why you work outside the home? Indicate your reasons by telling me the number(s). (Card 4)
2. Is there any one reason more important than others?
- a. ☐ Yes - Comment:
- b. ☐ No - Comment:
- B. Effect of alternating shifts on household and family care costs
1. Do you notice that there is an increase in cost of household operations and/or family care when working certain shifts?
- a. ☐ Yes
- b. ☐ No
2. If yes, which shift is most costly?
3. If yes, to what do you attribute this increased cost?
- a. Free response-
- b. Check list response--Could any other of these items contribute to the increase in cost? Tell me the number(s). (Card 5)
4. Do you notice that there is a decrease in cost of household operations and/or family care when working certain shifts?
- a. ☐ Yes - Comment:
- b. ☐ No - Comment:
- C. Possible effects on financial plans if stopped working
1. If you stopped working, what, if any, financial arrangements for the present and plans for the future would have to be altered?

a. Free response-

1. Present-

2. Future-

- b. Check list response--Would there be a possibility of you and/or your family having to alter your financial arrangements for the present or plans for the future in any of the following ways? Indicate by telling me the number(s). (Card 6)

III. General Managerial Information

A. Planning for accomplishment of home, family, and personal activities

1. Deciding what activities need to be done and how to adapt these activities into time available concerns many families. Finding time and energy for all necessary tasks may be difficult for the homemaker who works away from home. In your situation, working alternating shifts each week, I am interested in how you decide what needs to be done with regard to your housework, shopping, child care, personal errands for family, etc. and how you decide to fit these activities into the time you have.

B. Controlling

1. How do you remember what you hope to do?
2. After you have decided what you hope to do regarding your chores, etc., what do you do to insure that these activities are accomplished?
3. While on each shift and during each of the work breaks, which of the following situations best describes the way you follow your plans for accomplishing activities?

Description of Situation	Shift				
	8-4	4-12	12-8	Long Weekend	Days of Rest
a. Usually follow plans as first anticipated					
b. Original plans usually require some adjustments					
c. Usually have to give up original plans entirely					

4. To what extent do you have to give up original plans entirely?
- ☐ Frequently
  - ☐ Occasionally
  - ☐ Seldom
  - ☐ Never

C. Degree of accomplishment (evaluation)

- If you do not finish activities when you want to finish them, do they usually get finished?
  - ☐ Yes
    - If yes, when and by whom?
  - ☐ No
- If activities are not completed, have you been able to determine why not?
  - ☐ Yes - Comment:
  - ☐ No - Comment:

IV. Managerial Practices, Problems, Satisfactions, and Desired Changes in Specific Areas of Homemaking on Alternating Shifts

A. Child care

- As an alternating shift worker, do you have any problems in making arrangements for the care of your child or children when working the different shifts and during the work breaks?

Shift	Problems
a. 8-4	
b. 4-12	
c. 12-8	
d. Long weekend	
e. Days of rest	

2. Who cares for your preschool and/or school children while working each shift and during each of the work breaks; are they paid; and where do they care for the children?

Shift	Preschool				School			
	Who	Pd.	Not pd.	Where	Who	Pd.	Not pd.	Where
a. 8-4								
b. 4-12								
c. 12-8								
d. Long weekend								
e. Days of rest								

3. What do you do when your usual arrangements for taking care of the children fail?  
a. Preschool -

b. School -

4. Are you satisfied with the arrangements you have for the care of your children while working each shift and during each of the work breaks?

Shift	Always	Usually	Often	Seldom or sometimes	Never
a. 8-4					
b. 4-12					
c. 12-8					
d. Long weekend					
e. Days of rest					

5. What would you do differently, if you could, regarding the care of your children while working each shift and during each of the work breaks?

a. 8-4-

b. 4-12-

c. 12-8-

d. Long weekend-

e. Days of rest-

B. Laundry and clothing care

1. Even the mother who does not work outside the home sometimes has difficulty keeping the family laundry done from week to week. What arrangements do you use for getting the washing and ironing done?

Shift	Arrangements (Who, Where, How Often)	If done by Homemaker Day of week, time of day
a. 8-4		
b. 4-12		
c. 12-8		
d. Long weekend		
e. Days of rest		

2. Do any other of the following jobs regarding clothing care take place in your home, and if so, who usually does these tasks?

Task	Husband	Homemaker	Child	Relative	Maid	Other
a. Mending						
b. Sewing						
c. Polishing shoes						
d. Pressing clothes						
e. Coin operated drycleaning						
f. Other. What						

3. Can you think of any clothing care and laundry problems you encounter while working any of the shifts and during each of the work breaks?

Shift	Problems
a. 8-4	
b. 4-12	
c. 12-8	
d. Long weekend	
e. Days of rest	

4. Are you satisfied with the way laundry and clothing care is handled during each shift and each of the work breaks?

Shift	Always	Usually	Often	Seldom or sometimes	Never
a. 8-4					
b. 4-12					
c. 12-8					
d. Long weekend					
e. Days of rest					

5. What would you do differently, if you could, regarding laundry and clothing care for your family while working each shift and during each of the work breaks?

- a. 8-4-
- b. 4-12-
- c. 12-8-
- d. Long weekend-
- e. Days of rest-



C. Housecare

1. How do you accomplish your housecare activities?

2. Approximately with what frequency are the following tasks performed when working each shift and during each of the work breaks, and by whom?

Shift	Dust furn.		Vacuum		Dry mop floor		Clean Kitchen floor		Clean bath floor		Clean bath tub		Clean bath lav.		Clean bath com.	
	Who	Fre.	Who	Fre.	Who	Fre.	Who	Fre.	Who	Fre.	Who	Fre.	Who	Fre.	Who	Fre.
a. 8-4																
b. 4-12																
c. 12-8																
d. Long week- end																
e. Days of rest																

3. What other housecare jobs associated with the house such as yard work, making home furnishings, home repairs, and pet care are usually performed when working each shift, and during each of the work breaks, how often, and by whom?

Shift	Activities	How often	By whom
a. 8-4			
b. 4-12			
c. 12-8			
d. Long weekend			
e. Days of rest			

4. Are there any particular problems you have in getting housework done while working any of these shifts and during each of the work breaks?

Shift	Problems
a. 8-4	
b. 4-12	
c. 12-8	
d. Long weekend	
e. Days of rest	

5. Have you been satisfied with the way your house is kept when working the different shifts and during each of the work breaks?

Shift	Always	Usually	Often	Seldom or sometimes	Never
a. 8-4					
b. 4-12					
c. 12-8					
d. Long weekend					
e. Days of rest					

6. What would you do differently, if you could, regarding housecare while working the different shifts and each of the work breaks?

- a. 8-4-
- b. 4-12-
- c. 12-8
- d. Long weekend-
- e. Days of rest-

- D. Food management  
1. Meal service

- a. How many meals, if any, other than at work or school, does the entire family usually eat out during each shift period and each of the work breaks, and what meals are these usually?

Shift	No meals out	What meals
1. 8-4		
2. 4-12		
3. 12-8		
4. Long weekend		
5. Days of rest		

- b. If meals are eaten out, why? If no meals are eaten out, why not?

- c. How many meals per day are usually served in your home during each shift period and each of the work breaks?

Shift	Meals per day	What meals
1. 8-4		
2. 4-12		
3. 12-8		
4. Long weekend		
5. Days of rest		

- d. How many times, if any, are packed lunches prepared in your home during each shift period and each of the work breaks, by whom and for whom?

Shift	No. times lunches packed	By whom	For Whom
1. 8-4			
2. 4-12			
3. 12-8			
4. Long weekend			
5. Days of rest			

2. Meal types

- a. Which of these meal types, if any, are most nearly like those you serve while working the different shifts and during each of the work breaks? Give me the meal type number for each meal. (Card 7)

Shift	Meals and types							
	Breakfast		Lunch			Dinner		
	Type 1	Type 2	Type 1	Type 2	Type 3	Type 1	Type 2	Type 3
1. 8-4								
2. 4-12								
3. 12-8								
4. Long weekend								
5. Days of rest								

3. Meal planning

- a. During each shift and each of the work breaks, when and by whom is the decision made regarding what to have for family meals?

Shift	When	By whom
1. 8-4		
2. 4-12		
3. 12-8		
4. Long weekend		
5. Days of rest		

4. Marketing practices

- a. When is grocery shopping for family food needs done? Tell me the number indicating your answer. (Card 8)
- b. Who usually does the grocery shopping during each time interval of the shift schedule, and when is it done (day and time of day)?

Shift	When	By whom
1. 8-4		
2. 4-12		
3. 12-8		
4. Long weekend		
5. Days of rest		

c. Is a list of needed foods prepared?

- |                                     |   |
|-------------------------------------|---|
| 1. <input type="checkbox"/> Always  | 4. <input type="checkbox"/> Sometimes or seldom |
| 2. <input type="checkbox"/> Usually | 5. <input type="checkbox"/> Never               |
| 3. <input type="checkbox"/> Often   |   |

d. If a list is used is it usually

1. ☐ written?  
2. ☐ mental?

e. If a list is used, who usually prepared the list, and when is it usually prepared?

5. Pre-preparation

a. Some homemakers "cook ahead." Do you ever cook ahead?

1. ☐ Yes  
2. ☐ No

b. If yes, how often?

1. ☐ Frequently  
2. ☐ Occasionally  
3. ☐ Very little

c. If yes, do any of these describe the types of food you cook ahead? Tell me the number(s) of the category. (Card 9)

d. If yes, how far ahead do you usually prepare foods?

6. Use of commercially prepared foods
- a. To what extent do you use commercially prepared convenience foods?
1. ☐ Always                      4. ☐ Seldom or sometimes  
2. ☐ Usually                      5. ☐ Never  
3. ☐ Often
- b. Which of these commercially prepared convenience foods, if any, requiring no preparation, only heating or cooking, do you serve? Tell me the number(s) of the category. (Card 10)
- c. Which of these ready to serve foods, if any, do you use? Tell me the number(s) of the category. (Card 11)
- d. Which of these ready mixes, if any, do you use? Tell me the number(s) of the category. (Card 12)
- e. If you use convenience foods, do you use them more frequently while working certain shifts or during each of the work breaks?
1. ☐ Yes - Comment:
2. ☐ No - Comment:
7. Homebaking
- a. Do you do any homebaking (not from a mix)?
1. ☐ Yes  
2. ☐ No
- b. If yes, what? Tell me the number(s) of the category. (Card 13)
8. Meal preparation, service, and cleanup
- a. Who is usually responsible for meal preparation, service, and cleanup during each shift and each of the work breaks, and who usually assists with these operations?



Shift and meals	Responsible	Assists
1. 8-4		
Breakfast		
Lunch		
Dinner		
2. 4-12		
Breakfast		
Lunch		
Dinner		
3. 12-8		
Breakfast		
Lunch		
Dinner		
4. Long weekend		
Breakfast		
Lunch		
Dinner		
5. Days of rest		
Breakfast		
Lunch		
Dinner		

9. Do you have any meal management problems peculiar to the different shifts and each of the work breaks?

Shift	Problems
a. 8-4	
b. 4-12	
c. 12-8	
d. Long weekend	
e. Days of rest	

10. Are you satisfied with the way meal management is handled when working each shift and during each of the work breaks?

Shift	Always	Usually	Often	Seldom or sometimes	Never
a. 8-4					
b. 4-12					
c. 12-8					
d. Long weekend					
e. Days of rest					

11. What would you do differently, if you could, regarding meal management while working the different shifts and during each of the work breaks?

- a. 8-4-  
b. 4-12-  
c. 12-8-  
d. Long weekend-  
e. Days of rest-

V. Leisure, Church, Community, and Family Activities

- A. Influence of shift work on leisure, church, community, and family activities

1. In what activities do you usually participate while working each shift and during each of the work breaks?

Shift	Activities			
	Leisure	Church	Community	Family
a. 8-4				
b. 4-12				
c. 12-8				
d. Long weekend				
e. Days of rest				

2. Do you feel that the particular shift schedule has any influence on the type and frequency of participation in certain activities?

a. ☐ Yes - Comment:

b. ☐ No - Comment:

B. **Satisfactions**

1. Are you satisfied with the way in which you are able to spend your time at leisure, church, and community activities?

Shift	Always	Usually	Often	Seldom or sometimes	Never
a. 8-4					
b. 4-12					
c. 12-8					
d. Long weekend					
e. Days of rest					

Comment:

2. Do you feel you have enough time for recreation with your children as well as time to attend to their physical, emotional, and other needs?

Shift	Always	Usually	Often	Seldom or sometimes	Never
a. 8-4					
b. 4-12					
c. 12-8					
d. Long weekend					
e. Days of rest					

Comment:

3. Do you feel you have sufficient time for companionship with your husband?

Shift	Always	Usually	Often	Seldom or sometimes	Never
a. 8-4					
b. 4-12					
c. 12-8					
d. Long weekend					
e. Days of rest					

Comment:

#### VI. Additional Questions

- A. Have you any practices or habits that shorten meal preparation, service, cleanup; housecare; laundry and clothing care?
  1. Free response-
  2. Check list response--Are you possibly using any of these practices or habits to shorten meal preparation, service, cleanup, house care, laundry and clothing care? Give me the letter(s) of the category. (Card 14)
- B. From your own experiences, what advantages do you think working straight days might have over working shifts with regard to accomplishing your activities discussed here?
  1. Free response-
  2. Check list response--Could any of the following possibly be advantages? Give me the letter(s) of the category. (Card 15)
- C. From your own experiences, what do you think are some advantages of working shifts?
- D. Which of the following best represents your total family income? Tell me the letter indicating the range. (Card 16)
- E. On which shift, if any, do you find you have to leave undone more tasks which you believe should be done in the home and why?

Card 1

In the following age categories, tell me the letter of your age group.

- a. 19 years and under
- b. 20-24 years
- c. 25-29 years
- d. 30-34 years
- e. 35-39 years
- f. 40-44 years
- g. 45-49 years
- h. 50 years and above

Card 2

Which letter indicates the highest grade level you completed in school?

- a. Did not graduate from high school but completed the \_\_\_\_\_ grade.
- b. High school graduate.
- c. Training beyond high school. If so, in what? \_\_\_\_\_
- d. College graduate.

Card 3

Regarding your husband's employment, which letter indicates his status?

- a. Fulltime (35 hours a week or more)
- b. Part-time (less than 35 hours a week)
- c. Both fulltime and part-time (holds two jobs)
- d. Unemployed
- e. Retired
- f. Retired and part-time

Card 4

Could any other of these reasons describe why you work outside the home? Indicate your reasons by telling me the number(s).

- 1. Have own spending money. If so, for what purpose? \_\_\_\_\_
- 2. Less time to be bored with housework.
- 3. Interesting contacts with other people.
- 4. Increased family income. If so, for what purpose? \_\_\_\_\_
- 5. Attain greater respect from husband, family and/or friends.
- 6. Feeling that something worthwhile is being done.
- 7. Freedom from home responsibilities part of time.
- 8. Other. Specify: \_\_\_\_\_

Card 5

Could any of these items contribute to the increase in cost of household operations and/or family care when working certain shifts? Indicate by telling me the number(s).

- 1. Care of children or babysitting.
- 2. Food expenses at home. How? \_\_\_\_\_
- 3. Meals away from home. How? \_\_\_\_\_
- 4. Laundry and drycleaning. \_\_\_\_\_
- 5. Personal expenses. What? \_\_\_\_\_
- 6. Household help.
- 7. Transportation expenses. What? \_\_\_\_\_
- 8. Other. Specify: \_\_\_\_\_

Card 6

Would there be a possibility of you and/or your family having to alter your financial arrangements for the present and plans for the future in any of the following ways? Indicate by telling me the number(s).

1. Do without home ownership.
2. Lower standards for home ownership.
3. Do without family car ownership.
4. Lower standards for family car.
5. Family car is paid for now, but would not be able to buy another one if it should need replacing.
6. Do without second car ownership.
7. Lower standards for second car.
8. Second car is paid for now, but would not be able to buy another one if it should need replacing.
9. Do without vacations.
10. Spend less for vacations.
11. Do without television.
12. Lower standards for type of television (for instance black and white instead of color or portable instead of floor model).
13. Give up some gifts to family and/or friends.
14. Give up some clothes for self and/or family.
15. Lower standards for clothes for self and/or family.
16. Do without advanced education and/or self improvement activities for children and/or husband and/or self (for instance college, technical training, music lessons, dancing lessons, exercise and sport programs).
17. Do without items such as washer, dryer, or other furniture.
18. Items such as washer, dryer, or other furniture paid for now, but would not be able to replace it if the need should arise.
19. Do without contributions to church, charity, etc.
20. Lower amounts for contributions to church, charity, etc.
21. Other. Specify: \_\_\_\_\_

Card 7

Which of these meal types, if any, are most nearly like those you serve while working the different shifts and during each of the work breaks? Give me the meal type number.

Type 1

Any number of easily prepared foods such as cold cereal, fruit juice, toast, beverage

or

1 or 2 items requiring some preparation such as hot cereal, cooked fruit, eggs, bacon, sausage, plus any number of easily prepared foods.

Type 2

3 dishes requiring some preparation plus any number of easily prepared foods

or

1 time consuming item such as biscuits or muffins, plus any number of easily prepared foods.



Noon and evening meal typesType 1

Any number of already prepared or quickly prepared foods such as packaged foods, canned fruits, ready to serve leftovers, bakery products, sandwiches, canned soups

Type 2

Leftovers somewhat changed in form plus Type 1

or

1 time consuming dish plus 1 to 4 already prepared or quickly prepared foods such as reheated leftovers, frozen or canned foods, hot sandwiches, canned soups, eggs, baked potatoes, wieners

Type 3

1 time consuming dish plus 5 or more already or quickly prepared foods

or

2 or 3 time consuming dishes plus Type 1

(examples of time consuming dishes are fresh vegetables cooked, meats such as chops or roast, home baked pies and cakes, puddings, some salads)

Card 8

When is grocery shopping for family food needs done? Tell me the number indicating your answer.

1. Daily
2. Each shift period (one trip only)
3. Twice monthly
4. Monthly
5. Each shift period or twice monthly or monthly with \_\_\_\_ (no.) extra trips for minor items.
6. Other arrangements. If so, what arrangements? \_\_\_\_\_

Card 9

Do any of these describe the types of food you cook ahead? Tell me the number(s) of the category.

1. Main dishes
2. Fruits and vegetables
3. Breads
4. Cookies
5. Desserts
6. Other. Specify: \_\_\_\_\_

Card 10

Which commercially prepared foods, if any, do you serve which require no preparation (perhaps thawing) but do require cooking time? Tell me the number(s) of the category.

1. Meats, poultry, fish (such as pot pies)
2. Vegetables and fruits
3. Soups
4. Canned biscuits or other bread
5. TV dinners
6. Desserts (such as frozen pies)
7. Other. Specify: \_\_\_\_\_

Card 11

Which ready to serve foods, if any, do you use? Tell me the number(s) of the category.

1. Cakes
2. Pies
3. Rolls
4. Doughnuts
5. Loaf bread
6. Congealed salads
7. Sandwich spreads
8. Cooked meat and meat products
9. Delicatessen items
10. Slaw
11. Potato salad
12. Other. Specify: \_\_\_\_\_

Card 12

Which ready mixes, if any, do you use? Tell me the number(s) of the category.

1. Cakes
2. Cookies
3. Bread and bread products (such as pancakes, waffles, biscuits, muffins)
4. Pie crust
5. Frosting
6. Spaghetti or macaroni dinner
7. Gelatin packaged desserts
8. Other. Specify: \_\_\_\_\_

Card 13

What home baking do you do (not from a mix)? Tell me the number(s) of the category.

1. Yeast products (bread, rolls)
2. Quick products (cornbread, biscuits, muffins)
3. Cakes and cookies
4. Pies
5. Other. Specify: \_\_\_\_\_

Card 14

Are you possibly using any of these practices or habits to shorten meal preparation, service, cleanup; housecare, laundry and clothing care? Give me the letter(s) of the category.

- a. Serve plates from cooking utensils
- b. Use cooking utensils that are also used as serving utensils.
- c. Use tray or serving cart to clear table
- d. Have each member remove own dishes from table to sink
- e. Buy mostly ready made clothing and home furnishing items.
- f. Use mixes in baking
- g. Drain dishes dry
- h. Use sheets unironed
- i. Use permanent pressed sheets
- j. Buy as many permanent pressed clothing items possible
- k. Use commercially frozen foods
- l. Use commercially canned foods

- m. Shop for groceries once a week or less
- n. Wash dishes less often than after every meal

Card 15

Could any of the following possibly be advantages of working straight days over working shifts? Give me the letter(s) indicating your answer.

- a. Attend Sunday School and church with family on a regular basis.
- b. Have weekends to spend with family on a regular basis
- c. Have more time to participate in social and community activities
- d. Have more time to spend with children and husband
- e. Other. What? \_\_\_\_\_

Card 16

Which of the following best represents your total family income? Tell me the letter indicating the range.

- a. \$4,999 and less
- b. \$5,000 - \$7,499
- c. \$7,500 - \$9,499
- d. \$9,500 - \$11,499
- e. \$11,500 - \$13,499
- f. \$13,500 - and over

## APPENDIX C

## Appendix C

Monthly list of employment on the Project and future financial arrangements and plans according to number of components as reported by a Checklist Form

Members in parentheses indicate frequency.

## 1. One component component

Give up some gift to family member or friend  
be without vacation or spend less for vacation  
Give up some durable goods  
Replace durable goods less frequently  
Buy fewer non-durable goods

## 2. Two component component

Give up some gift to family member or friend  
Buy fewer non-durable goods

## 3. Three component component

Give up some gift to family member or friend  
Give up some durable goods  
Give up some gift to family member or friend  
Give up some durable goods  
Give up some gift to family member or friend  
Give up some durable goods  
Give up some gift to family member or friend  
Give up some durable goods

Reduce durable goods less frequently  
Reduce gift frequency

Adjust budget to spend money  
for necessities but less for  
unnecessary items

Card 16  
Which of the following  
tell me the letter in  
a. \$4,999 and less  
b. \$5,000 - \$7,499  
c. \$7,500 - \$9,999  
d. \$10,000 - \$11,999  
e. \$12,000 - \$13,999  
f. \$14,000 - and over

Card 17  
a. Shop for groceries  
b. Wash dishes less  
c. Could any of the following  
straighten out over  
your answer.  
d. Attend Sunday School  
e. Have weekends  
f. Have more time  
g. Have more time  
h. Have more time  
i. Other. What?

# Appendix C

## Possible Effects of Unemployment on the Present and Future Financial Arrangements and Plans According to Number of Components as Reported by a Checklist Form

(Numbers in parenthesis indicate frequency.)

### 1. One component response

Give up some gifts to family and/or friends	(1)
Do without vacations or spend less for vacations	(1)
Give up some durable goods	(1)
Replace durable goods less frequently	(2)
Buy fewer non-durable goods	(1)

### 2. Two component response

Give up some gifts to family and/or friends	Give up some durable goods	(1)
Buy fewer non-durable goods	Do without advanced education and/or self-improvement activities for children and/or husband and/or self	(1)

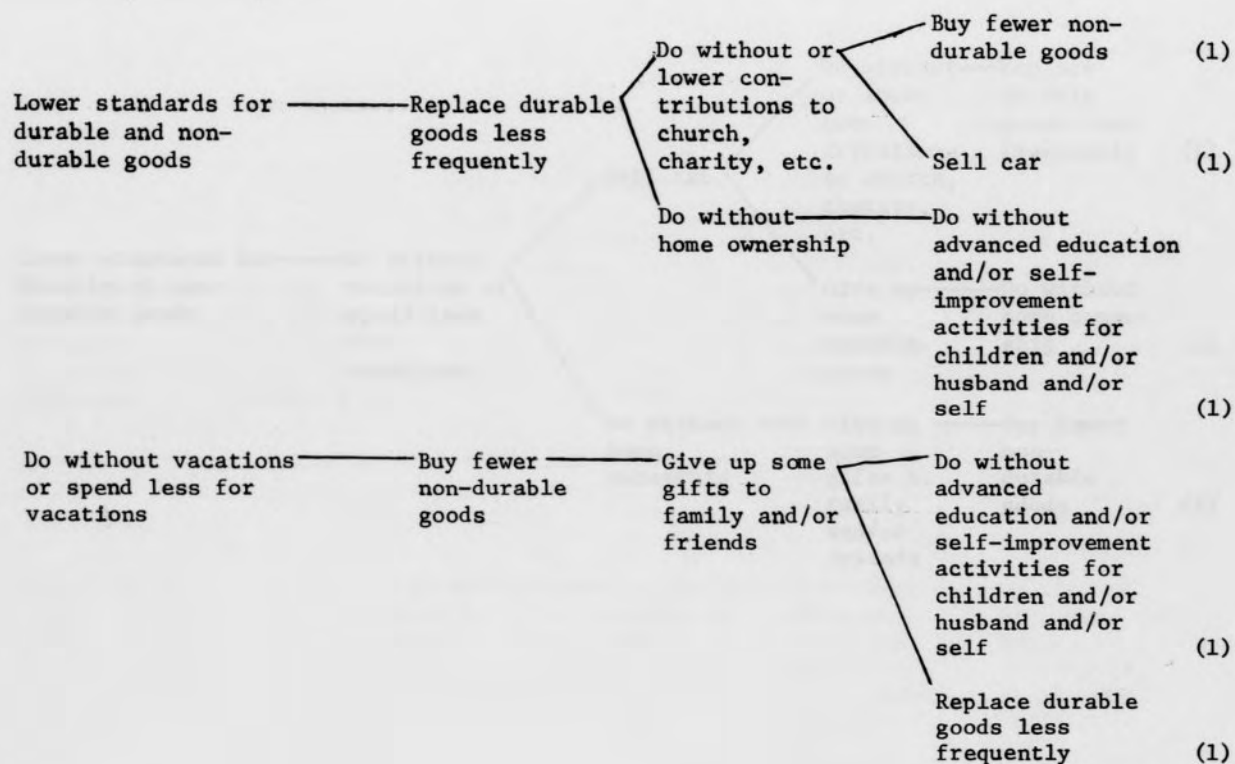
### 3. Three component response

Do without vacations or spend less for vacations	Do without or lower contributions to church, charity, etc.	Give up some durable goods	(1)
		Do without advanced education and/or self improvement activities for children and/or husband and/or self	(1)
	Do without home ownership (in process of buying)	Replace durable goods less frequently	(1)
Replace durable goods less frequently	Sell car	Adjust budget to spend money for necessities but less for unnecessary items	

Appendix C. (Continued)

(Numbers in parenthesis indicate frequency.)

4. Four component response

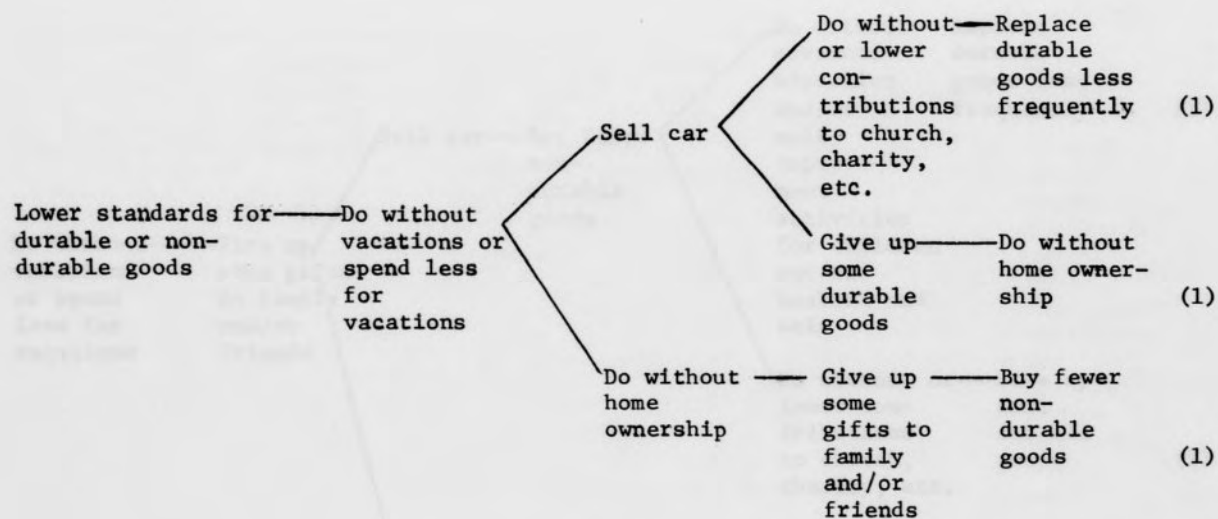




Appendix C. (Continued)

(Numbers in parenthesis indicate frequency.)

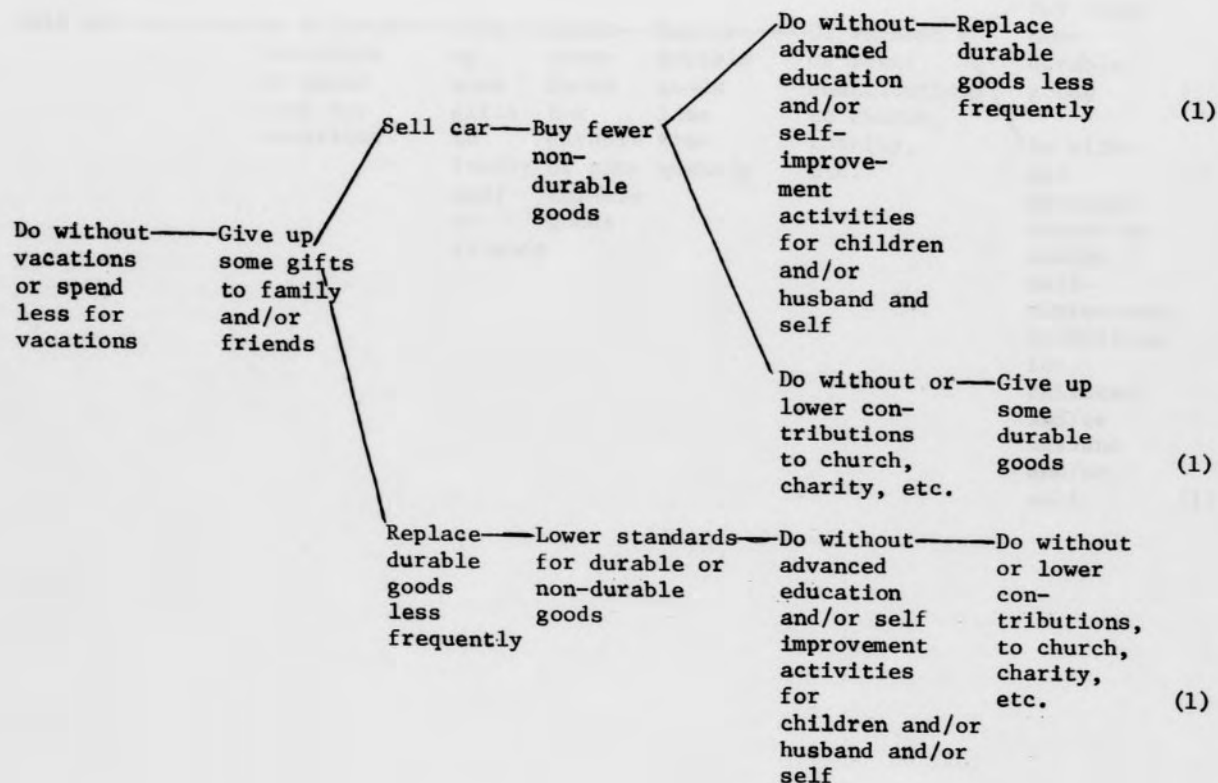
5. Five component response



Appendix C. (Continued)

(Numbers in parenthesis indicate frequency.)

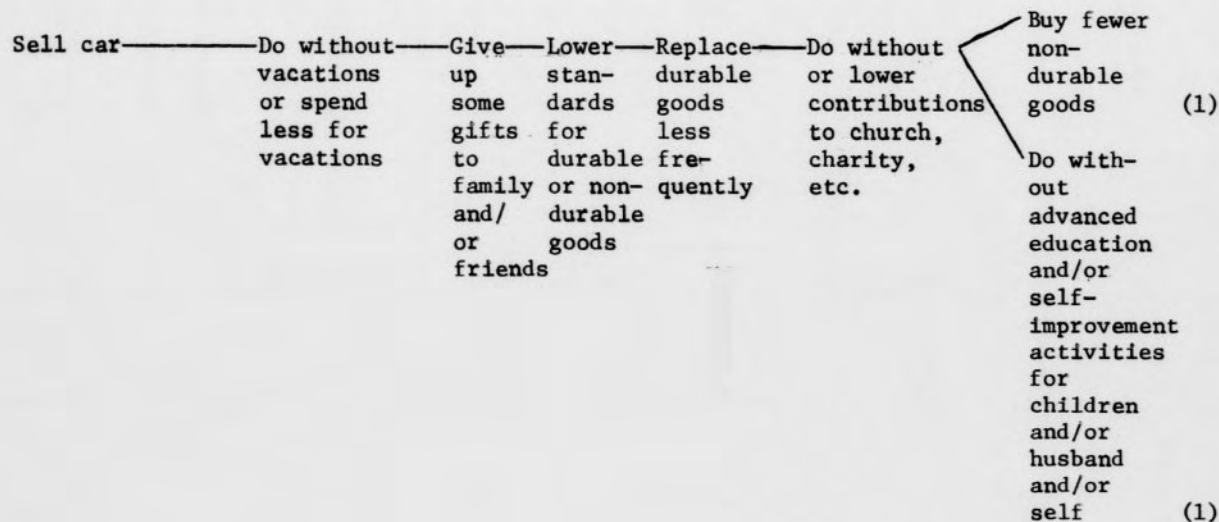
6. Six component response



Appendix C. (Continued)

(Numbers in parenthesis indicated frequency.)

7. Seven component response



## Appendix D

Summary Table: Tasks Performed, by When, and How Often by Shift Schedule  
(1-17)

Tasks performed, by When, and How often	Shift Schedule				
	Job	4-17	17-4	Weekend	Days of Week
<b>Swelling</b>					
By When					
Weekdays	28	10	18	22	23
Weekend	1	1	1	1	1
Children	1	1	1	1	1
Nobody	1	1	1	1	1
How often					
None	1	1	1	1	1
Only	1	1	1	1	1
Once	1	1	1	1	1
Three times	1	1	1	1	1
Four times	1	1	1	1	1
<b>Swelling</b>					
By When					
Weekdays	28	10	18	22	23
Weekend	1	1	1	1	1
Children	1	1	1	1	1
Nobody	1	1	1	1	1
How often					
None	1	1	1	1	1
Only	1	1	1	1	1
Once	1	1	1	1	1
Three times	1	1	1	1	1
Four times	1	1	1	1	1
<b>By day or night</b>					
By When					
Weekdays	28	10	18	22	23
Children	1	1	1	1	1
Nobody	1	1	1	1	1

## APPENDIX D

## Appendix D

Housecare Tasks Performed, by Whom, and How Often by Shift Schedule  
(N=25)

Tasks performed, by whom, and how often	Shift Schedule				
	8-4	4-12	12-8	Long Weekend	Days of Rest
Dusting					
By Whom					
Homemaker	18	18	18	22	23
Husband	1	1	1	-	-
Children	4	5	5	2	2
Nobody	2	1	1	1	-
How often					
None	2	1	1	1	-
Daily	7	8	8	6	5
Once	7	8	8	18	20
Twice	6	6	5	-	-
Three times	2	2	3	-	-
Four times	1	-	-	-	-
Vacuuming					
By Whom					
Homemaker	17	16	16	18	19
Husband	1	1	1	-	-
Children	2	3	3	1	1
Nobody	5	5	5	6	5
How often					
None	5	5	5	6	5
Daily	4	4	4	5	4
Once	15	11	14	14	16
Twice	-	4	1	-	-
Three times	1	1	1	-	-
Dry mop or sweep					
By Whom					
Homemaker	16	16	16	15	15
Children	1	1	1	1	1
Nobody	8	8	8	9	9

## Appendix D. (Continued)

Tasks performed by whom, and how often	Shift Schedule				Days of Rest
	8-4	4-12	12-8	Long Weekend	
How often					
None	8	8	8	9	9
Daily	9	8	9	7	8
Once	4	3	4	6	7
Twice	1	1	1	2	1
Three times	3	4	3	1	-
Four times	-	1	-	-	-
Wet mop kitchen floor					
By whom					
Homemaker	18	19	18	24	25
Children	1	1	1	-	-
Nobody	6	5	6	1	-
How often					
None	6	5	6	1	-
Once	14	16	14	24	25
Twice	4	3	4	-	-
Three times	1	1	1	-	-
Clean bath floor					
By whom					
Homemaker	17	18	17	23	24
Children	2	2	2	1	1
Nobody	6	5	6	1	-
How often					
None	6	5	6	1	-
Once	16	17	16	24	25
Twice	3	3	3	-	-
Clean bathtub					
By whom					
Homemaker	20	20	20	21	22
Husband	1	1	1	-	-
Children	1	1	1	1	1
Nobody	-	-	-	1	-
Other	3	3	3	2	2



## Appendix D. (Continued)

Tasks performed, by whom, and how often	Shift Schedule				Days of Rest
	8-4	4-12	12-8	Long Weekend	
How often					
None	-	-	-	1	-
Daily	11	11	11	9	9
Once	9	7	9	15	16
Twice	3	5	3	-	-
Three times	2	2	2	-	-
Clean lavatory					
By whom					
Homemaker	19	20	19	23	23
Husband	1	1	1	-	-
Children	2	2	2	1	1
Nobody	2	1	2	1	1
Other	1	1	1	-	-
How often					
None	2	1	2	1	1
Daily	6	6	6	4	4
Once	12	12	12	20	20
Twice	3	4	3	-	-
Three times	1	1	1	-	-
Four times	1	1	1	-	-
Clean commode					
By whom					
Homemaker	15	16	16	23	23
Husband	1	1	1	-	-
Children	1	1	1	1	1
Nobody	8	7	7	1	1
How often					
None	8	7	7	1	1
Once	15	16	16	24	24
Twice	2	2	2	-	-

## Appendix D. (Continued)

Tasks performed, by whom, and how often	Shift Schedule				Days of Rest
	8-4	4-12	12-8	Long Weekend	
Make beds					
By whom					
Homemaker	17	18	12	21	21
Nobody or did not mention task	4	3	9	-	-
Homemaker and children	4	4	4	4	4
How often					
None or did not mention this task	4	3	9	-	-
Daily	21	22	16	25	25
Change beds					
By whom					
Homemaker	1	1	2	3	-
Nobody or did not mention this task	22	22	21	22	25
Homemaker and children	2	2	2	-	-
How often					
None or did not mention this task	22	22	21	22	25
Once	2	2	3	3	-
Twice	1	1	1	-	-
Clean oven					
By whom					
Homemaker	-	-	1	8	10
Nobody or did not mention this task	25	25	24	17	15

## Appendix D. (Continued)

Tasks performed, by whom, and how often	Shift Schedule				Days of Rest
	8-4	4-12	12-8	Long Weekend	
How often					
None or did not mention this task	25	25	24	17	15
Once	-	-	1	8	10
Clean refrigerator					
By whom					
Homemaker	-	-	-	9	10
Nobody or did not mention this task	25	25	25	16	15
How often					
None or did not mention this task	25	25	25	16	15
Once	-	-	-	9	10
Care for pets					
By whom					
Children	3	3	3	3	3
Nobody or did not mention this task	22	22	22	22	22
How often					
None or did not mention this task	22	22	22	22	22
Daily	3	3	3	3	3

## Appendix D. (Continued)

Tasks performed, by whom, and how often	Shift Schedule				Days of Rest
	8-4	4-12	12-8	Long Weekend	
Care for yard					
By whom					
Homemaker	-	1	1	-	-
Husband	3	2	3	-	-
Nobody or did not mention this task	21	21	20	25	25
Homemaker and children	1	1	1	-	-
How often					
None or did not mention this task	21	21	20	25	25
Once	1	1	2	-	-
Twice	1	1	1	-	-
Occasionally	2	2	2	-	-
Wash walls					
By whom					
Homemaker	-	-	-	1	-
Nobody or did not mention this task	25	25	25	24	25
How often					
Did not mention this task	25	25	25	24	25
Once	-	-	-	1	-